

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 3rd October 1991)

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.

Love manifests at different levels. It manifests at the level of family; at the levels of friends, relatives, society and even at a larger level of humanity. It also manifests at the level of living and non-living beings.

In the Love towards one's family, there is mutual interest. Also, it is one's duty. There is a self-interest and obligation. From the next stages, self-interest decreases and the quality of Love increases. This is Love but still not the Divine Love. When a person sees God in everything and serves, then, that Love is the noblest and the most 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. Love itself is a way, but it is difficult to practise. It requires total surrender which is not possible. So, we take up Meditation as the first step.

HAPPENINGS

Jayant Deshpande

Fifteen years ago, Guruji Krishnananda launched the Light Channels World Movement. He gave a simple way to bring a shift in our consciousness, not only at the individual level but also at the global level. Masters like Him are always expanded in their vision. They always think of global welfare and toil hard to provide a simple and practical way.

The shift is happening silently, and its manifestation may appear scattered at this point. But very soon this shift will be visible in the lives of people across the world.

LIGHT WORKS

Manoj Chopra

Recently, one of our Volunteers was invited to conduct a special Light Channelling session for 10th grade students before their exams. Strangely, a dog was in the classroom, happily lying on one side, when our Volunteer started the session. The dog came and sat in front of her, put his head down, stretched out a little paw and closed his eyes. It is touching to note that the Dog did not disturb the session. It seemed like he too joined the Channelling! As we understand from our Guruji, even animals are aware of the presence of higher intelligence. Because of their instant acceptance, they experience Light easier than human beings.

The teacher was amazed that the students sat quietly for twenty minutes, which had never happened before.

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QUOTES FROM THE LIGHT MASTERS

- Knowledge, can be gathered from books, from others, from lectures. We can gather a lot of knowledge, but only experience gives us the wisdom and nothing else.
- Knowledge acquired by the Intellect in one's lifetime will be lost with the death of the person. It will not be carried over into the next Life. But the knowledge acquired by the Soul will remain with us for a long time. It will be carried over to the next Life also.
- We experience pleasure or happiness based on our *Panchendrias*, the five sensory organs. We also derive pleasure or happiness from the experiences of the Mind and the Intellect. But the happiness that we experience from these is temporary. But the Bliss experienced by the Soul is the one that lasts longest.
- A Guru is a channel of God's Grace, knowledge and energies.
- Manifesting Love is the highest stage in Sadhana. Manifesting Love is a measure of our Spiritual growth. Love connects us to God.
- Spirituality is staying tuned to God always. Spirituality is manifesting God. It is filling our entire system, our entire Life, with God.
- Spirituality is emoting, thinking and living with maturity, with wisdom.
- A Spiritual person's thoughts and emotions will always be proper, will always be mature. This indicates that our thoughts and emotions indicate our Spiritual condition.
- A Meditator is a vibrating field of Love and energy. When we start vibrating the Divine, the Love, it touches the people and their level of awareness rises. This field influences and conveys things that words cannot convey. Lectures cannot bring changes quickly but the influence of our vibrations can bring in many changes.
- We are never alone. We sometimes say, "I am alone or we are alone." We are never alone. We are always surrounded by God but we are unaware of this. The moment we become aware of it, aware of the presence of God around us, we would have taken a giant step in Sadhana.

- Gururji Krishnananda



A Light Channelling Session was conducted on March 27, 2023 in one of the schools in Solapur



A Light Channelling Session was conducted on March 18, 2023 for the Employees and officers of HR and Legal sections of Bangalore Metro Rail



A Light Channelling Session was conducted on April 11, 2023 in one of the schools in Chennai

End of First Season

Nikhil Gandhi

As the current academic year comes to an end, I reflect on the past several happy moments of my Life, the sheer number of which is a first for me!

I was initiated as a Light Channel Volunteer in May 2022 and since then the journey has been incredible! I consider myself a second-generation Volunteer as things were entirely different about a decade ago. The new Spiritual Energies and the advent of International Yoga Day on 21st June has made “Yoga” a worldwide phenomenon in the recent years; many accrued the results of Yogic practices in a short time, especially to deal effectively with “Stress”. This was not the case in 2009; I can only imagine the struggle of the first-generation Volunteers. Many times, I enter a school, propose Light Channelling and walkout after conducting the session on the same day! The Principals and School Authorities give us immediate attention and they're all ears. Today, we don't have to tell children to sit erect, rest hands on the knees with palms facing the sky or to open their eyes slowly after the practice, but this wasn't the case in yesteryears.

A Volunteer taught Light Channelling more than a decade ago in the city I'm currently working in. Although schools have stopped the practice in the last few years, many of them remember the Volunteer and the fruits of the technique. They welcome me without any reservations, to practise Light Channelling once again, as they are aware of its benefits.

Kudos to all the Volunteers, especially the first-generation Volunteers and everyone working behind the scenes!

Guruji Krishnananda said, “Any kind of social service will help you grow spiritually. When we serve others, the first thing that happens is, it humbles us. Unless there is humility, we cannot serve. Serving others sublimates our feelings, it sublimates our thinking. It expands our Love. Unless there is a greater Love, we cannot serve others.”

Meditating and Positivating consciously helps me sublimate my thoughts and emotions, but after serving as a Light Channel Volunteer, I feel this process has sped up. Presence of Masters during sessions gives me goosebumps and helps me experience new depths of Love and a deeper degree of Peace. Tears just flow sometimes and I wonder why. I cannot comprehend this! I was completely unaware that the Rishis work is also about personal growth coupled with fun!

When I go to Schools for regular Light Channelling sessions, children and teachers share how Light got them out of their miseries, which is absolutely fantastic! For instance, students who had stage fear are now comfortable sharing their experiences and the benefits of Light Channelling.

I bow down at the lotus feet of Guruji, and all the Volunteers and express my heartfelt thanks and gratitude in working tirelessly to bring down Love, Peace, Healing Energies and all Positive Life Forces to make lives better at the global level.

I wish Guruji was with us to see his vision manifest at the physical level. I do feel his Presence and Love during many sessions, and this is what inspires me to gear up and give it all that I've got to see his vision of Light Age manifest as fast as possible. ■

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 CHANELLING IN SCHOOLS

Schools participated : 5779

Students channelled Light : 29.71 lakhs

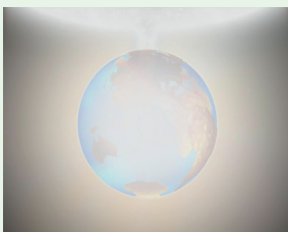
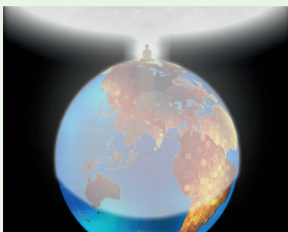
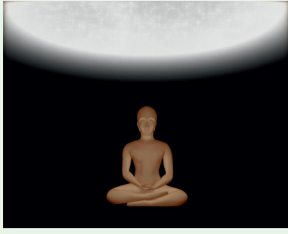
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Millions have benefitted by practising Light Channelling regularly. Many have received miraculous help and have had wonderful experiences. Your experiences may inspire others and may guide others. Please share your experiences with us. Please write 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

LIGHT CHANNELLING EXPERIENCES

Compiled by Vaishali Joshi



In Birajdar High School, Solapur, the Principal participated in both the Light Channelling sessions. He said that sometimes the work stress is so much that he just goes home and sleeps it off. He said that after the sessions he felt lighter.

In Sahastrarjun English Medium School, Solapur, two students reached a deeper state during the Light Channelling session and could not open their eyes in spite of a couple of announcements. The teachers had to literally shake them to bring them to consciousness. The Principal practised Light Channelling with us in 3 sessions out of 4 and he really liked the technique. The Chairman, Mr. Gulab Barad liked the concept a lot and assured that they would channel Light daily for 5 to 7 minutes in the school.

- Nikhil Gandhi,
Light Channel Volunteer

It was very relaxing to sit and be with the Light. Spreading Light for world Peace is really wonderful. Thanks for the invite. And thanks to Shri. Jayant Deshpande for the guided Light Channelling session.

- Smt. Padmini, A Light Channel

Today (19-09-2022), while leaving home I had decided that after the Light Channelling session in a school I would visit two more schools and seek their permission to conduct the session. My friend had given me directions to reach these schools. But by the time I completed the first session and talked to the teachers, it was late. I left the school at 3.30 PM and decided to visit only one of the schools which was about 20 minutes away. I reached the place as directed by

my friend but couldn't find "V S Agashe Road". It was past 4 o'clock, so I decided to go home. Due to some reason, routes were diverted that day and our bus took a different route. There was a lot of traffic and when the bus stopped, I looked out of the window and saw the name of the road. It was "V S Agashe Road"! I was surprised and happy. I was filled with gratitude for the help of the Rishis and Guruji and I thanked them.

- Vaishali Tare,
Light Channel Volunteer

Today (21-09-2022), when I entered Murkute Primary School the children gathered around me and shared their experiences. Some said that they liked Light Channelling very much and they are practising it regularly. Some said that they are now able to sleep better and their nightmares have stopped. A few others said that they are more confident to participate in school activities.

- Medha Kulkarni,
Light Channel Volunteer

About 250 students participated in the Light Channelling session conducted in Aranyeshwar Marathi Medium School, Pune. Nilesh from Class 9 said that he felt very fresh after the session. Another student, Laxman from Class 8 said that he experienced blue Light. Yet another student from Class 6 said that he felt as if he had entered another world and had to come back. A teacher, Smt. Nagarkar continued with eyes closed even after the session was over. Looking at her, the children were in awe and smiling.

- Geeta Joshi,
Light Channel Volunteer