

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 6th November 2011)

How do we deal with our depression?

The causes for depression generally are failures, illness, pressures at work, pressures at home, emotional conflicts and more. When we are unable to deal with them, we feel helpless, frustrated and depressed. The wisdom and inner strength that we have may not be enough to deal with the challenges.

In such situations, we have to seek help from the Universe or the Light Masters. They possess higher wisdom and power. They are ready to help, support and guide us. To receive their guidance, we need to Meditate and become still. Then, we will receive instructions from them. We can all do this.

When there is an illness, failure or any problem, we have to begin by accepting these situations as realities. Accepting the reality is very important. This does not mean no action is to be taken. If there is an illness one has to make efforts to get over it. Grumbling and complaining indicate non-acceptance.

Total acceptance removes depression and frustration to a great extent. When one door closes, many others open. Life is full of opportunities.

HAPPENINGS

Jayant Deshpande

Guruji Krishnananda used to tell us that any revolution begins with one person. The Light Channels World Movement is the Revolution by Light launched by Guruji Krishnananda in 2008. It began with him, but in the last few years it has spread to different corners of the world. It is gathering strength in the hearts of lakhs of people who consciously channel Light to take this world into the New Age of Peace and prosperity.

The Universe is waiting to open other beautiful dimensions it has, for us to explore. But before that Peace has to be established. That is why channelling of Light is so important now.

LIGHT WORKS

Manoj Chopra

Recently, around 75 students and staff from a college in Bangalore visited Taponagara. Their purpose of visit was to learn how to support students' well-being through Light Channelling. The session went well and was well received by both students and staff. It was heartening to learn that approximately one-third of students were already familiar with Light Channelling. They had learned it from our Volunteers when they were studying in their schools. Ten years of hard work by our Volunteers are yielding results now.

In the recent past, we had organised Light Channelling sessions for Teachers and Principals of suburbs, taluks and villages in Pune city. The teachers who attended the sessions appreciated our efforts and promised to introduce the Movement in their respective schools. We are grateful to all teachers who are strengthening the Movement by practising Light Channelling in their schools.

MANASA FOUNDATION (R)



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QUOTES FROM THE LIGHT MASTERS

- All souls do not have all the knowledge. When a soul gathers more knowledge, more wisdom and is able to manifest more Love, we recognise it as a spiritually advanced soul.
- We can gauge our Spiritual progress by the quality of Peace that we experience. The quality of our thoughts, emotions and behaviour indicates our spiritual condition.
- We channel Light to establish New Age within and without. We channel Light to bring down violence and corruption, and to build up a revolution.
- Sacrifice is Love in action. Without Love there is no sacrifice. Love and sacrifice are not different. Sacrifice is the ultimate Love, which is Divine Love.
- Saying sorry is an act of acceptance of our shortcoming. The next part is to not repeat our mistakes. It is only then that we grow; transform. Sadhana always has two parts: one, to realise and the other, to live better.
- Sadhana is living this Life fully and sensibly. It is also experiencing the best on this earth and adding quality to our thoughts and emotions, adding quality to our own Life and the Life in this world.
- Sadhana is manifesting the best in Creation such as life-force, Love, Joy and Peace.
- Experience Light during Meditations and also at other times. This experience awakens us, keeps us connected to the Light Masters and expands our Awareness. We will never be petty and selfish again. Our thoughts will always be universal. We will begin to think and emote for the world.
- A visionary is a person who sees Life from the perspective of God, who sees realities beyond the present, beyond himself.

- Guruji Krishnananda



Members of the Indian Embassy in Vienna, Austria channelled Light on September 1, 2023



A Light Channelling Session was conducted in Taponagara for the new batch of students of Vijaya Vittala Institute of Technology, Bangalore on September 22, 2023



A Light Channelling Session was conducted for the citizens and students and teachers of a few schools in Sangamner city in Ahmednagar District of Maharashtra on September 25, 2023

The New Beginning

Manoj Kumar Chopra

Recently, I was reading the stories of Dr. Abhijit Sonawane and Dr. Manisha Sonawane. This couple, who proudly identifies themselves as 'Doctors for Beggars', provide free health care services to people living on the streets, especially elderly beggars in Pune. Dr. Abhijit Sonawane resigned from his job in 2015 to dedicate his Life to curing the poor of their illnesses. He established a 'Trust' that offers free treatment and medicines to beggars.

I have shared one example of kindness, but I am certain we could find hundreds of such acts of kindness around the world. There is so much goodness in the world, and it is steadily increasing. Such incidents do not make breaking news for the media, so they don't cover them in the mainstream news. The world might not notice such acts, but the Higher Intelligence makes note of it. I believe such acts of kindness silently and significantly impact the world.

As we know, a journey of a thousand miles begins with small steps, and a journey into the New Age starts with small acts of goodness. I believe that acts of compassion can bring smiles and hope to many. They also initiate a spiritual process of change. Many such spiritual processes can initiate major transformations in the world.

A beautiful truth shared by Tom Giaquinto: We change the world a little each day with our kindness.

It is also true that to begin something new, we have to end something old. We have to let go of the baggage of the past and make a new beginning. Humanity has adhered to old ways for centuries, and it is now time for Change. We have to change because growing, evolving, and progressing are our nature. The time has come to set aside our egos and embrace higher ways of living.

Guruji Krishnananda advised us to practise Light Channelling daily and spread the positive vibrations of Light. He explained that Light carries the energies of Healing, Love, Peace, and Positivity. If we channel Light daily, we will become better human beings, and our world will be a better place.

Guruji told us that our future is bright. He also told us that the New Age has already begun in consciousness. The higher forces are working in accordance with the Cosmic plan to bring about changes in Nature and Humanity. Guruji told us that in the future, there will be no religions and we will be following a universal value system.

A new beginning awaits us at our doorsteps. If we decide to change, it will open new doorways of possibilities and offer limitless potential and hope. Let us transform and embrace the New Age. ■

APPEAL TO SCHOOLS

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

LIGHT CHANNELLING IN SCHOOLS

Schools participated	: 5877
Students channelled Light	: 30.04 lakhs
Schools channelling Light Regularly	: 550
Children channelling Light Regularly	: 23.75 lakhs

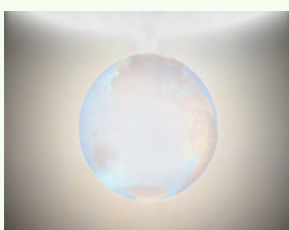
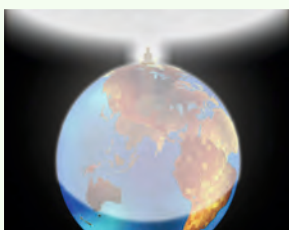
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Millions have benefitted by practising Light Channelling regularly. Many have received miraculous help and have had wonderful experiences. Your experiences may inspire others and may guide others. Please share your experiences with us. Please write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



At N.D. Thackersey Kanyashala, Pune, a teacher shared that she stopped hearing any surrounding noises after a few minutes into the Light Channelling session. She also mentioned that she felt very serene and quiet within. A student shared that she felt very calm and, for some time, was free from all the day-to-day thoughts about classes, studies or home. She experienced silence beyond all these concerns.

- Pushkar Patki, Light Channel Volunteer

At Kendriya Vidyalaya, Solapur, a teacher who attended the Light Channelling session shared with the Principal that she found it hard to believe that the entire class sat in silence for the practice. She also mentioned that she felt energetic after the session. The Principal, Smt. Sindhu Bhanse was happy that she granted permission for the session.

- Nikhil Gandhi, Light Channel Volunteer

After learning about Light Channelling from the Manasa Foundation, students and teachers from Sonu Anaji Walanj High School, Aambavane organized a Light Channelling session independently. A teacher, Shri. Sanjay Kulthe explained about Light Channelling and its benefits, that is, how its daily practice enhances the students' intelligence, comprehension, grasping power, memory, confidence and concentration. The practice makes them calm and positive, reduces exam fear, and thereby, improves the overall school performance. It also helps teachers reduce their stress. Both the students and teachers happily participated in the session. The Founder Chairman of the school

appreciated the initiative and expressed a desire for regular sessions in the school.

- Light Channel Volunteers, Pune

After completing the morning session at Annasaheb Magar Madhyamik Vidyalaya, Pune, I was talking to the Principal and other teachers. One of the teachers approached me and asked me to accompany her. She took me to the Principal of the primary school who expressed her happiness with the session. The Principal expressed that the students from her school would also benefit from this technique. She remarked, 'This is the need of the hour.' I was overwhelmed with the support and understanding from the teachers and the Principal.

- Padmaja Bajpai, Light Channel Volunteer.

I met the Principal of an Air Force school and explained the Light Channelling technique to her. When I met her a few days later, she introduced herself by mentioning that she practices it daily and has experienced miraculous results. She now enjoys sound sleep, which was previously elusive. She also recommended daily practice of Light Channelling to other teachers.

- Gurudas Bhat, Light Channel Volunteer.

Light Channelling is practised daily at our school. Students are appreciating and experiencing the change in themselves. Some students expressed that their irritability had reduced. Thank you very much for the technique and guidance.

- Kailash Vidya Mandir and Junior College, Rahu, Tahsil - Daund, Dist - Pune.