



**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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## A MESSAGE

**Guruji Krishnananda**

(Excerpts from his talks delivered on 8<sup>th</sup> January 2012)

What is abundance?

Abundance is normally understood as plenty of money and material things. Real abundance is getting connected to the Source of all abundances. The Source is God Himself.

If we are connected to God, we will have abundance, whether we have money or not. Abundance is also having knowledge, energies, abundant Love, abundant Life, abundant life-force, etc.

People miss the abundance of Life by not living Life fully. They miss the sky, the moonrise on a full moon day, poetry, music and so many other things of beauty.

Abundance is also having Peace, contentment and non-attachment. We will have all of them when we are connected to the Source.

## HAPPENINGS

**Jayant Deshpande**

To see children sitting in a group silently and channelling Light is a beautiful experience. The vibrations of the Light being channelled can be felt by everybody present in the school premises. This has been the experience of all our Volunteers. That sublime experience and a sincere wish to bring Peace to the world probably motivates them to do more work.

With the help of clear instructions provided by our Volunteers, many schools are now able to conduct Light Channelling sessions on their own. Lakhs are channelling Light. The New Age is not far away!!

## LIGHT WORKS

**Manoj Chopra**

The Light Channelling work is progressing at a good pace. Like always, Volunteers are working hard with fresh zeal and energy. There are continuous rains throughout India. But that does not deter our Volunteers from conducting Light Channelling sessions. The school authorities are also obliging our request and allowing our Volunteers to conduct the sessions in their auditoriums and classes.

Despite all efforts, several sessions get cancelled due to rain. And many times, the Universe inspires and blesses our selfless work. One of the incidents was when our Volunteer was conducting a session and it suddenly started to rain, and the session was about to come to a halt. However, when students were about to disperse, the rain stopped. Our Volunteer was able to conduct the session smoothly. Such experiences are always close to our hearts.

## MANASA FOUNDATION (R)



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### QUOTES FROM THE LIGHT MASTERS

- Everyone is essentially good. We must connect to the good part in others and ignore the part that is not good. This will help in surfacing the good in us.
- One positive thought carries great energies. It cannot be quantified. It allows us to expand to the whole Universe. A positive thought carries the great energies of Love and the Creation. A single positive thought with an honest and genuine intent can heal another.
- Happiness keeps negativities away. We have to be happy. We have to find ways to be happy always. Whenever we are happy, we are not negative, we are not angry, not jealous, etc.
- Bliss not only helps us live in total Peace and happiness, but also transforms us and helps us connect to the Divine.
- When you send Light and Love with the pure intention of making a person happy without expecting anything in return, the Universe sends you Love. Your gesture is not only appreciated, but also rewarded.
- All our thoughts and emotions are noted by the Universe. When we channel Light to the whole world, the Universe appreciates it and rewards us in its own way.
- God's Love is unconditional, unfathomable, unwavering and eternal. In His Love, there is absolute freedom.
- When we experience God, we feel expanded and complete. We have to experience it to know it. When we experience God, we experience eternity. That is God's Love.
- Remain completely immersed in Light and carry Light always. It makes us strong and very broad-minded. No one can attack us. We will stop looking at Life as anybody else does.

- Guruji Krishnananda



A Light Channelling Session was conducted in one of the schools in Rajajinagar, Bangalore on July 22, 2023



A Light Channelling Session was conducted in one of the schools in Jayanagar, Bangalore on July 19, 2023



Teachers of Pune channelled Light on July 21, 2023



## HIGHER PURPOSE

### Manoj Kumar Chopra

Revolutions have occurred throughout human history. It typically involves a revolt against the system; it could be political, social or economic. Many Revolutions succeeded, but a few were suppressed and some failed. Whether it succeeded or failed, it always brought great changes to the man-made system. They always created a new order in the world.

Guruji Krishnananda launched Revolution by Light on May 18, 2008. It is a silent Spiritual Revolution. Guruji named it the "Light Channels World Movement". Guruji introduced a simple technique of Light Channelling to the world. Millions of people have joined the Movement, and it is spreading fast. Several Volunteers are working to spread awareness about Light Channelling. Millions of children and adults have joined the Movement, and thousands are channelling Light daily. Almost everyone is experiencing Peace and happiness. More and more people are opening up, and the Movement is spreading steadily.

The purpose of the Movement is individual transformation. The Spiritual Revolution always begins with individuals. By transforming ourselves, we become the Revolution.

***A perfect statement by Eric Hoffer explains the truth: "We used to think that revolutions were the cause of change. Actually, it is the other way around: Change prepares the ground for revolution."***

We have to work for change, and change happens by rejecting every negative thought, by changing our attitude, by accepting Divine energies and by accepting the Light. The Spiritual Revolution is an act of hope for a better tomorrow. The Spiritual Revolution never goes backwards. It always moves forward. It always achieves its purpose because it is designed by the hierarchy with a Higher Purpose. Every Revolution seems difficult in the beginning, but as the Revolution progresses, it becomes quite unstoppable.

The higher purpose of Revolution is to establish a New Age on earth. To wipe out every single tear from every person's eye and instil hope in the world. To rewrite the destiny of the earth.

Guruji told us that we are not alone, and there are several groups working. Their ways may be different, but all are working for the New Age. If we connect to each other and work together in oneness, then results will be faster. ■

## 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	: 5877
Students channelled Light	: 30.04 lakhs
Schools Channelling Light Regularly	: 550
Children Channelling Light Regularly	: 237577

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 practise Light Channelling every day. My mind feels calm and, I get a different energy and strength. When I participate in competitions, I feel more confident now.

- Namrata Navnath Ambhure, Std. VII, Murkute Primary School, Pune

I very much like to channel Light every day. I feel very happy when the teacher comes on Wednesdays for the Light Channelling session. From the time the teacher told us to channel Light, I channel it every day at home along with my elder sister and parents. Earlier I was very irritable but after I started channelling Light, I have become very calm.

- Sneha Ramesh Chavan, Std. VII, Murkute Primary School, Pune

In today's world of Kaliyuga, where everyone needs Love and Peace, there is a need to know oneself. The whole world remains pressed for time. There is unrest in everyone's mind. The minds of children have become disturbed after Covid. Meditation is the only way to bring them on the right path.

In such a situation, you have become a soul doctor and have come to show the right path to the children of our school. There has been a positive change in the children because of Light Channelling. They have become calm and obedient, have started respecting elders, and have started studying regularly. I thank you wholeheartedly for inculcating all these good qualities in the children. I pray to Shiva Baba to help this holy work of yours to continue. Om Shanti!

- Alka Malgonde, Teacher, Karanjkar Vidhyalaya, Solapur

About 1050 students participated in the Light Channelling session conducted at Vijay Jyothi School, Bagalur on November 17, 2022. After the session, the Principal appreciated the efforts of Manasa Foundation and their Volunteers. The Principal said that many groups try to help by sharing food, fund for education etc., but Manasa Foundation is doing a unique work of spreading Peace and Love by teaching Light Channelling.

- Girish Naik, Light Channel Volunteer

Until last year my son was not paying much attention to his studies and was not scoring good grades at school. He used to lie, cry for small things and was quite short-tempered. We used to receive complaints from his school. But because of the practice of Light Channelling technique taught by the Volunteer from Manasa Foundation, there is a lot of change in my son. He practises it wholeheartedly. Now he has become brilliant in studies; his progress in studies is visible. Even his school teacher says the same. Now he has become very quiet, his irritability has reduced. He is now the class monitor. I can see all these positive changes in my son. I am very grateful to Manasa Foundation for this.

- Ashwini Nakte, A parent

During the Light Channelling session conducted at Blossom School, Pune on November 23, 2022, we could experience amazing energies. After the session the teachers appreciated the session and said that they were touched by the Peace and Stillness of the Light.

- Padmaja Bajpai, Light Channel Volunteer