



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

Volume 14, Issue 1

Bi-Monthly Newsletter

Jan-Feb 2024

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks delivered on 17th June 2012)

Can a person who does not believe in God channel Light?

Yes. Channelling Light is an act of Love. It means, even if you don't believe in God, you believe in Love; you have Love for humanity and all beings on this earth.

Channelling Light is also an act of healing. When we channel Light, we heal ourselves, we heal others and the earth.

Channelling Light is an act of gratitude. We receive so much from nature, from society, from our own family members, from many others and from the Rishis. We receive so much help and energies for sustenance from unseen powers. We have to express gratitude to the Masters behind these powers.

It is our duty to give back to society for all that we receive from it. When we channel Light, we will be assisting in the transformation of the world.

So, to channel Light, you don't have to believe in God.

Please understand that the whole Creation was brought forth by Light. The Light is the Supreme Intelligence and the Supreme Power that governs the entire Creation. Light is the energy behind all Creation and all Life, including your Life and your intelligence. Light is God.

HAPPENINGS

Jayant Deshpande

Guruji Krishnananda used to say that with great Spiritual efforts we can change our destiny. Similarly, collective destiny of this world can also be altered with greater collective Spiritual efforts. With the spread of Spiritual awakening across the world, millions have taken up the practice of Meditation. Their Meditations strengthen the vibrations of Peace on this earth. To strengthen this wonderful silent human effort, we will be celebrating 14th World Channels Day on February 1, 2024. Close to a million school children and thousands from all over the world will be participating in this great effort by channelling Light for a minimum period of 7 minutes.

Please join us in this effort by channelling Light at any convenient time for a minimum period of 7 minutes.

LIGHT WORKS

Manoj Chopra

Maharshi Amara was a great Spiritual Master who shunned publicity deliberately and worked silently for humanity. He is the force behind the Light Channelling work. Every year, we celebrate World Channels Day on his birthday, which falls on February 1st. I feel it is a great way to thank the Master for his silent contribution to humankind.

A new year is yet another opportunity, which brings new hopes and new horizons to our lives. Despite discouraging news all around, I feel we should not stop visualizing a better tomorrow. When we visualize and transform, though it may be difficult to believe, we create a new destiny for ourselves and for the world. Let us bring down more Light on World Channels Day and create a better future.

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

website : www.lightagemasters.com, www.lightchannels.com

QUOTES FROM THE LIGHT MASTERS

- A Spiritual person can deal with any complex situation. How one deals with complex problems indicates his Spiritual condition and maturity.
- For a person who really wants to change, there will be absolutely no obstacles.
- Visions do not measure our Spiritual condition. It is only our behaviour, the quality of our emotions and thoughts, which indicate our Spiritual condition.
- The Awareness that we are only tiny particles of the ocean of Light and the Awareness that there is a great Intelligence behind this very orderly and beautiful Creation are enough to make us feel humble.
- We are born with innocence. We lose it as we grow. If we purify our emotions and thoughts, we reach the original state of innocence.
- To avoid committing mistakes, never allow the ego to take decisions, never allow any negative thought or emotion to dictate you.
- We cultivate Vairagya by realising the temporariness of this Life and world. By recognising the permanency of the Divine.
- Devotion is much more than an emotion. It is a combination of Love, respect and surrender. Devotion comes out of acceptance and humility.
- Positive vibrations make people happy and peaceful. If we see the opposite of this, it is the effect of the negative vibrations.
- Excessive emotions bring excessive experiences at the mental level. These excessive experiences create the blocks in the channels of Communication. Due to the blocked channels, we cannot receive information or recall completely from the memory bank.
- Meditation brings wisdom, inner strength and sharpens the intuition. With all these, we can make the right choices, we do only the right things. With this we will have Peace.

- Guruji Krishnananda



Students of one of the schools in Rajajinagara, Bangalore channelled Light on November 21, 2023



Students of one of the schools in Pune channelled Light on December 1, 2023



An online Light Channelling session was conducted for 5th, 6th and 10th standard students of a school in Mumbai on December 2, 2023



Students of one of the schools in Daund, Maharashtra, channelled Light on November 25, 2023

The Panorama of Light

Manoj Kumar Chopra

We, as humans, relied too much on infant material science and blind logic. There are higher truths that are beyond logic. If we look around the world, logic says there is no hope in this world. There are wars going on, and several disturbing events shattering our hope for a better tomorrow. Rishis and Astral Masters have seen this helplessness, destruction, war, and self-destruction by mankind several times. They know that it is always darkest before dawn. They are working at a higher level and are hopeful of a better tomorrow. They know it is a temporary phase, and after passing this phase, the New Age is inevitable. They have a plan for humanity.

The Astral Masters Love us and do not want us to suffer. They are working tirelessly for the awakening of mankind. They are working at a subtler as well as the physical level. At a subtler level, they bring down special energies to help humanity. These energies help us to open up to new realities and also help us transform. They work differently for different people according to their evolution and awakening. So, their work is vast.

At the physical level, they guide people who are already awake and wait patiently for others to awaken. They educate us that we are in a new era and that it is time to awaken. They are helping humanity by reintroducing Light into their lives, which was always around. They had introduced the Light Channelling technique to help humanity because they know only Light can remove the darkness and also help us prepare for greater changes. It looks like a complex process but they have had the expertise in bringing forth such awakenings since several Yugas.

There are lakhs of Light workers to assist their work, which are spread all around the world. They are assisting the Rishis at different levels. There is a team of Volunteers at Manasa Foundation who work to spread the message of their Masters. There have been several efforts by Manasa Volunteers who are working tirelessly to bring down the Light and help humanity. They keep arranging several Light Channelling sessions in schools, colleges, and other organizations. They are on a mission. They are fulfilling the dream of their Master, Guruji Krishnananda. Every year, they put in special efforts and celebrate 'World Channels Day' on February 1st. It is a day of mass Channelling. The purpose of World Channels Day is to bring down more 'Light' and establish Peace at the individual level as well as in the world.

Whether we agree or not, Light is everywhere in the form of a 'Presence'. We are particles of this great Light. I recall Guruji's words, which he had mentioned in his book 'Doorways to Light'. He had written, "When I look down from the higher planes, all these appear so unreal. When I go still higher up, everything disappears in the vastness. Light alone shines still higher up there. The Light was there all the time. I had not noticed it. And I thought I had seen everything!"

As we progress in time, the Panorama of Light will be re-established. ■

APPEAL TO SCHOOLS

Please help in strengthening Light Channels 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	: 2.37 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

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



World Channels Day

1st February 2024

Respected School Authorities,

Kindly conduct a Light Channelling session in your school by following the below mentioned steps during the morning assembly or at any convenient time during the day.

1. Introduce Briefly:

It is 14th World Channels Day today. This is the day of spreading Love and Peace on our Mother Earth. Let us have a strong intent to have Peace on our Earth. Also be aware that more than 5 lakh children across India are Channelling Light along with you today.

2. Practise 'Light Channelling Technique' for a minimum of 3 minutes:

- * Close your eyes and relax.
- * Imagine an ocean of Light above you.
- * Imagine the Light descending and filling up your body.
- * Then, experience the Love and Peace of the Light for a minute.
- * Then, imagine the Light spreading around gradually to your home, locality, country and the whole world.
- * Thank the Light and open your eyes slowly.

* * *

You may also join us from your own places for a live session of Light Channelling which will be held at Manasa Foundation, Taponagara, Bangalore. It will be webcast live on www.lightagemasters.com. The live sessions will be conducted as follows:

In English - 8 to 8.30 AM, 12 to 12.30 PM and 9 to 9.30 PM

In Kannada - 11 to 11.30 AM

In Marathi - 7 to 7.30 PM

In Hindi - 8 to 8.30 PM

Thank you.