

**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
- It helps us and the world to enter into the New Age

# LIGHT CHANNELS

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Bi-Monthly Newsletter

March-April 2024

## A MESSAGE

**Guruji Krishnananda**

(Excerpts from his talks delivered on 5<sup>th</sup> August 2012)

Can only Light Channelling fully liberate us or do we need to have recourse to more advanced techniques?

Light Channelling alone is enough to take us to Mukti. During channelling, when you allow the Light to pass through you, you must also experience the Light. This is the most important factor. We can say it is Meditation-cum-Light Channelling. Since the Light carries Love, Peace and all positivity, you will also be experiencing all of them. These are enough to clear our Karmas and liberate us.

## HAPPENINGS

**Jayant Deshpande**

After the Light Channelling session in a school, a young student met our Volunteer and spoke innocently. She said, "I am generally sad but now after channelling Light, I am very happy." When our Volunteer narrated this experience to us, I was moved beyond words. I felt and also believe that the Light spoke with this young girl at a deeper level. She wouldn't be aware of this communication at the conscious level, but this communication brought a smile on her face.

The Light cares for every individual. The practice of this simple technique connects us to the Light; to God. He always responds in His unique ways!!

## LIGHT WORKS

**Manoj Chopra**

14<sup>th</sup> World Channels Day was a humbling experience for all of us. We were guided at every step by our Masters who are behind this project. We are just a tool in their hands. I believe that when we surrender to them, they drive us and take us to our destination. We are fortunate to be part of this work.

Our day started at 6 AM and ended at 9.30 PM. The whole day, Volunteers conducted hundreds of sessions in different parts of India. Several Volunteers travelled hundreds of kilometres and conducted sessions in the suburbs. We had six blissful online sessions at the Manasa Foundation.

We thank all Light Channels who have been integral parts of our 15-year journey.

## MANASA FOUNDATION (R)



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

Phone : 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

- Sincerity helps everywhere, not only in Meditation. If we are sincere in Meditation, we will make faster Spiritual progress.
- Devotion brings out the best in us—Love, humility, surrender, selflessness. It sublimates our emotions and thoughts.
- When we manifest Love and Peace, Vairagya comes to us naturally and we make fast Spiritual progress.
- There is a Spiritual law that says, we should not impose anything, even good things on others.
- Passion is gearing up the entire system of body, mind and intellect in pursuing a particular goal. Artists, musicians, scientists and Meditators should have passion.
- If we can accept everything as a gift from God, there will be absolutely no problems.
- The horizontal life is full of imperfections; we are also imperfect. Knowing all this, we have to live at a higher level to get liberated from lower thoughts and emotions.
- We can create our destinies by clearing our past Karmas. We can clear the Karmas through Meditations.
- While channelling we can experience the Light and also ask questions. It is the best time to interact with the Light.
- A relation without attachment is beautiful because there will be no pressure and no demands. There will be mutual trust and respect. The most beautiful relation is between a guru and a disciple.
- We must be aware that whatever happens on the earth impacts us, and we must accept a bit of the Karmas, pain and suffering resulting from any disturbance anywhere in the world.
- Each person is different. If we accept the other person as he or she is, there will be no conflicts. Generally, we must learn to live with people who are different and imperfect. Of course, in extreme cases we have to manage differently.

- Guruji Krishnananda

## Photos of the 14<sup>th</sup> World Channels Day Celebration



Students of one of the schools in Visakhapatnam channelled Light on the 14<sup>th</sup> World Channels Day on February 1, 2024



Students of one of the schools in Chennai participated in the 14<sup>th</sup> World Channels Day on February 1, 2024



Volunteers of Manasa Foundation celebrated the success of the 14<sup>th</sup> World Channels Day on February 11, 2024

## 14<sup>th</sup> World Channels Day A Report

**Manoj Kumar Chopra**

There is a famous quotation of Paulo Coelho: “When you want something, all the Universe conspires in helping you to achieve it.” When our purpose is higher and selfless, all positive forces also join our effort to help us. This is what happens every year on World Channels Day when dedicated teams strive their best to bring down Divine Light, with the purpose of creating a better future for the world.

On World Channels Day, our Volunteers made more than seven lakh children from more than 1600 schools channel Light. The six Live Guided Online sessions were impactful and intense. It was a blessed day filled with joy and happiness. I am sure Maharshi Amara must be touched by the efforts of our Volunteers. Our Volunteers put in their hearts and souls, worked like Light warriors, and left no stone unturned. Guruji used to call them Dare Angels, and it suits them perfectly.

Schools welcomed our Volunteers on the red carpet despite their own challenges. Hundreds of schools shared photographs and videos with us after conducting the sessions. We could make out their joy and enthusiasm for World Channels Day through their photographs and videos. I honestly feel the Revolution By Light would not have succeeded without their support. Children too welcomed us with a Divine smile and channelled Light beautifully. They are our future hope.

Around a hundred Volunteers worked throughout India and abroad. We could cover different parts of the country like New Delhi, Karnataka, Andhra Pradesh, Tamil Nadu, Uttar Pradesh, and Maharashtra. We could conduct online sessions in Malaysia, and hundreds of people joined our Live Online Sessions from different parts of the world.

The stories of the struggles and sacrifices of our Volunteers may not be recorded anywhere in history, but they will be noticed by the Hierarchy and inscribed somewhere in the Universe. I am sure that their selfless work will inspire future generations and attract silent appreciation from the Creator.

We may not see the dramatic changes after the World Channels Day, but definitely it will impact the world. If we could reduce the pain of even one person and induce hope in him, I think we would be satisfied with doing our job. We always remember that we are just Channels; Light knows how to work and how to spread. Light will show us the way forward. The dream of the New Age is a mountainous task to achieve. It's a long-term project. We, as humanity, have a responsibility to manifest these changes through us. If most of us could do it, I think the New Age would not be so far away.

We thank School Authorities, Teachers, Children, and all the Light Channels for channelling Light on World Channels Day. Your support is most valuable for moving forward in this Revolution. ■

### 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](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)

## 14<sup>th</sup> WORLD CHANNELS DAY EXPERIENCES

Compiled by Vaishali Joshi

A very special thing happened yesterday on World Channels Day. It has started...the energy downpour is continuous, extremely powerful and beautiful. Whenever I have a sore throat, I usually go through the entire cycle of sickness for a month that leaves cough behind for two months, but I have recovered in 24 hours. On the night of February 1st, I was fine...a small miracle out of the big scene of what's impending. May we all continue to be with Light...

- Vidya Vishwamitra, A Light Channel

It was all the Grace of the Rishis. I could clearly feel the presence of Master V during the Light Channelling sessions in New Delhi. The last session was conducted at 1 PM. There was a peaceful silence in the hall and the kids looked completely calm without wanting to speak. The Principal was very excited to share how she could experience the Light and then explained to the students about aligning with Light in Life by channelling It.

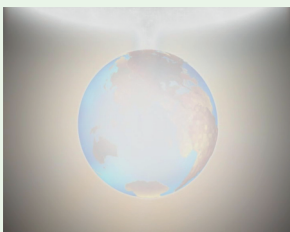
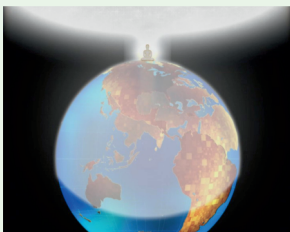
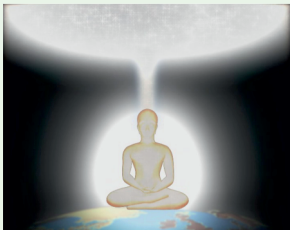
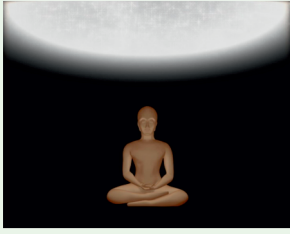
- Jaspreet Kaur, Light Channel Volunteer

My friend Shilpa shared the experience she had on 1st February. She said, "You have been telling me many times about Light Channelling but I could not practise it. Today I attended the Live Marathi session at 7 PM and followed the instructions given by Jayant sir. While channelling Light I felt as if I was in a different world. I felt so much of Peace which I had never experienced before... The experience was so deep that I could not come out of it for some time. Now I am channelling Light daily for 10 minutes."

- Pratibha Oak, Light Channel Volunteer

On February 1<sup>st</sup> the ITI Central Teacher who conducted the Light Channelling session in their school sent the following message: "Our school conducted the Light Channelling activity and all the students including the faculty spread the Light with grace. Hope we continue to channel the Light and spread it around the world for the rest of years to come. Thank you so much. Lokah Samastah Sukhino Bhavanthu."

- Vijay Kumar, Light Channel Volunteer



More than 7 lakh people channelled Light  
on the 14<sup>th</sup> World Channels Day  
February 1, 2024



Thank You  
for your participation

Join us for a **guided Light Channelling Session**  
on 3<sup>rd</sup> Sunday of every month from 11 AM to 11.30 AM (India Time)

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

**Heal Yourself, Heal The World.**