



**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

Volume 14, Issue 3

Bi-Monthly Newsletter

May-June 2024

## A MESSAGE

**Guruji Krishnananda**

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

What shall I do when I feel depressed?

Everyone goes through depression at some time or the other. It is a natural phase we all go through.

If you genuinely experience Light even for a moment, you will get over your depression. Even after experiencing Light, we may have to face difficult situations. We have to deal with them sensibly.

Life is full of struggles and challenges. If you succeed in solving one problem, there will be many more waiting to surface. If you carry Light, you can deal with any problem or person. It is the best way!

## HAPPENINGS

**Jayant Deshpande**

A young Light Channel shared a beautiful experience. He heard some commotion in the neighbourhood. He saw two groups of people engaged in some argument. They were yelling at each other. He felt very disturbed. Not knowing what to do, he decided to sit and pray to God for help. He prayed and began channelling Light. Within minutes the noise stopped and when he went out to see, he found that both the parties had stopped arguing and were calmly interacting with each other!

There are so many disturbing issues grappling the world. We naturally feel helpless. But we can channel Light. The Light will bring changes in people and in the World.

## LIGHT WORKS

**Manoj Chopra**

Light Channelling is a simple but powerful technique. Guruji Krishnananda launched this technique on May 18, 2008. This year, on May 18th, which is also Guruji's Birthday, we will be completing sixteen years. This technique has been taught to more than 3 million children and adults. It speaks volumes about the success of the Movement. We are sure many more will join us in the coming years.

The Light Channelling technique has produced wonderful results for thousands of children and adults. It has helped many build confidence and find direction in their lives. Many experienced deep Peace and Love after regular practice. I feel this is an advanced technique for the present and future generations.

## MANASA FOUNDATION (R)



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## QUOTES FROM THE LIGHT MASTERS

- To accept the realities, one has to be honest. When one is not honest, one becomes blind to the realities.
- A Puja is an expression of our Love towards God. When we do Pujas, we also receive energies and grace. As long as we do Pujas, there will be a distance between us and God. But when we Meditate, the distance vanishes. We become God.
- Our Sadhana ends when we begin to manifest Love truly and naturally, without any effort, all the time.
- When we reach a very high level of purity and become egoless and truly humble, our Sadhana ends.
- When we are naturally aligned to the Divine Will, our Sadhana ends.
- When we become naturally truthful without any effort, our Sadhana ends.
- When we stop praying or pestering God, asking for material things, when we realize that every breath we take is God's grace, our Sadhana ends.
- When we can truly accept that the people in our lives are gifts from God, our Sadhana ends.
- When we are aware that there is a great intelligence with unconditional Love for us, we feel strong and secure.
- The Universe will be waiting to give us so many things, but we will be asking for something different because we do not generally know what is good for us and what is not. The Universe is God Himself.
- After meditating even for a short while, we feel so refreshed, rejuvenated and full of Life. If we allow this influence to work through us, there will be no negativity. We won't get angry; we won't feel jealous.
- If you take up Meditation, you must Love to Meditate. When we take up anything, whether it is reading a book, cleaning the room or something else, we must Love to do it.

- Guruji Krishnananda



Students of one of the schools in Pune participated in the Light Channelling session conducted in March 2024



Students of one of the schools in Ahmedabad channelled Light in one of the sessions conducted in March 2024



A Light Channelling session was conducted for cancer patients in Chennai in March 2024

## Dare Angels-(The Light Warriors)

**Manoj Kumar Chopra**

I remember a beautiful quote by Mahatma Gandhi: "The best way to find yourself is to lose yourself in the service of others." Such profound words can only come from a great person like Mahatma Gandhi, whose life was truly a service to the nation and its people. Guruji Krishnananda, Maharshi Amara, and several other Masters also worked selflessly for the entire creation. We cannot understand the magnanimity of their work. Their greatness and sacrifices are beyond our limited wisdom.

Guruji Krishnananda was a direct disciple of Maharshi Amara. To continue his work, he began teaching Meditation in Bangalore in 1988. He launched the Light Channels World Movement in May 2008. The purpose of the Movement is to establish the New Age on earth. To work at the physical level, Guruji formed the Light Channelling Volunteers Group in 2009. Initially, a group of 15-20 Volunteers joined the work. They started working according to the instructions of Guruji. Every month there was a meeting with Guruji, and in the meeting, we used to brief him about the progress of the work. Guruji energized the group with great Love and instilled confidence in the Volunteers with genuine appreciation. Although success was modest in the beginning, it revealed directions for future work. Under Guruji's guidance, work started growing steadily. We never imagined a bunch of Volunteers would become pillars of this huge work in such a short span. Slowly, the number of Volunteers grew to one hundred.

I feel that when we are working for a higher purpose, we must have self-belief. Working half-heartedly will not bring the desired results. When we have a mountain to climb, we must have faith in the process. We must have a strong conviction. We should be ready to make sacrifices and take risks. I feel that becoming a Volunteer is like a service and an opportunity to help others. It is a way of giving back to society. It is a service and an opportunity to help others and oneself. We learn and grow much more in the process.

I remember Guruji used to call our Volunteers 'Dare Angels'. By 'Dare Angels' he meant someone who Dares to think big, is ready to work hard in any tough situation, and is ready to sacrifice. I feel he was generous with his appreciation. I feel we were angels in his heart.

Sometimes, our Volunteers work in tough situations. They sacrifice their personal time and energy. On some occasions, they travel hundreds of kilometres to conduct Light Channelling sessions. I remember one of our Volunteers postponing his daughter's marriage, and another Volunteer changed the date of the housewarming ceremony because the dates were close to the World Channels Day. Most of their sacrifices will be unknown to us. Their Love for the work is hope for a turbulent world. In 2024, many senior Volunteers had become physically weak, yet they had grown stronger mentally and spiritually. They are the Light warriors.

Light Channelling Volunteers are working for the New Age, which is the dream of our Guruji. I am sure, the work of millions of Light Channels around the world would create a bright future for humankind. ■

### 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 CHANELLING 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)

## EXPERIENCES

Compiled by Vaishali Joshi



In one of the schools the students and teachers were moved by the unconditional Love and deep experience that they had in a short span of time, and the great simplicity of the Light Channelling technique. They took out time to share their gratitude. And they also played a special birthday song for a student whose birthday was on that day. We felt as if we were wishing Amaraji also in this way, on behalf of everyone. All this took more time than we expected so we got late for the next Light Channelling session in Uruli Kanchan. We apologized to the teachers and students for the delay. Yet there was stillness during the session, and we could hear a bird chirping as if it was also participating in the special celebration of Amaraji's Birth Anniversary. The teachers were very satisfied and said they all liked the session and benefitted from it. Gratitude to Amaraji, Master V, Guruji and the entire Manasa Family.

- All the Light Channel Volunteers,  
Pune Team

On 1st Feb., at 5 AM the weather was very cold in Sangamner. As I had given my four-wheeler for servicing, I had to travel on a two-wheeler to conduct Light Channelling sessions in three schools. So, I was feeling a bit feverish in the afternoon. I took tablets for the cold and fever. At 4.30 PM when I picked up my car from the servicing centre and switched it on, the Rishis song from our "Arpana" album began playing on the car sound system directly from my mobile without my doing anything. I had not listened to this song for the past two months, so there was no easy access available for it on my mobile screen. But after listening to the songs, all

my tiredness was gone. And I could happily conduct a session at 6.30 PM for the hostel students of Amrut Model School.

- Santosh Kore, Light Channel Volunteer

On World Channels Day, I was blessed with an opportunity to conduct Light Channelling session at KV, IISC, Bangalore. The session was wonderful. After the session, a class 7 student came to me and spoke eagerly for 8-10 minutes and took my contact number. Surprisingly, later I got a call from his aunt, asking for details of Light Channelling. The Light Channelling sessions in schools are impacting the students significantly. Light is entering their homes and creating awareness in like-minded people. Also, another class 11 student mentioned that the session was very nice. The PT teacher mentioned that the sessions have to be conducted during exams, to de-stress the students.

- Sudha Suresh Babu, Light Channel Volunteer

I had a wonderful experience of Expansion and Oneness during the Guided Online Light Channelling session at 6 PM. It happened within the first five minutes of the session.

- Nandita Vijayan, A Light Channel

I have been practising Light Channelling twice every day for the last twenty-five weeks. I feel peaceful and calm and my stress level has come down. Now, I am able to focus on my social and other activities with a clear mind and an enhanced energy level.

- Amarnath P. K., A Light Channel