



**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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## A MESSAGE

**Guruji Krishnananda**

(Excerpts from his talks delivered on 18<sup>th</sup> September 2011)

### *What is Sadhana?*

Sadhana is being aware that we are particles of Light, that we are part of Light, which is God Himself.

Sadhana is letting go of all prejudices, false beliefs, superstitions and bondages. Sadhana is going beyond mediocrity. Sadhana is recognising distortions of truth and going beyond. To understand the truth, we have to develop our intuition and spend more time in the mystical realms and have higher experiences.

Sadhana is becoming aware of the Presence, which is God Himself.

Sadhana is rising above the plane of day-to-day living. We have to pay attention to the details of Life but they are not as important as Life itself. Sadhana is also finding our real Guru, God Himself.

There are further stages in Sadhana.

## HAPPENINGS

**Jayant Deshpande**

When a person practising Light Channelling says that the practice has helped her accept her serious illness and deal with it positively, I feel so humbled and grateful that we are involved in some small way in spreading the Revolution by Light. We make people aware of the existence of Light and pass on the simple technique of Light Channelling to them, which helps them connect with Light directly. Our role ends here.

The impact this connection with Light brings in people's Life is very important. They receive the strength and wisdom to deal with any challenges they may face in their lives.

## LIGHT WORKS

**Manoj Chopra**

Recently, we received a thank-you letter from a reputed institution that has been practising Light Channelling regularly for two years. The Principal noticed a visible change in the attitude of the students after introducing Meditation in their assembly. He also observed students are now visibly calm and composed, and better attentive in their classes. Even teachers have shared a positive change in their lives, as Light Channelling calms them down during their hectic work schedule. They feel happier and relaxed after the practice.

We are grateful to School Authorities who have trusted 'Light' completely and taken up the practice seriously. I am aware that there are hundreds of similar feedback from different parts of the country that keep inspiring us periodically. It also assures us that we are on the right path and the Light is leading our way.

## MANASA FOUNDATION (R)



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### QUOTES FROM THE LIGHT MASTERS

- Every human being is capable of experiencing all types of emotions, but the ways in which the emotions are expressed are different. Some are loud while others are subdued and refined in their expression.
- Life-force is behind all creative activities like art, music, poetry, dreaming, etc. Life-force is available in plenty everywhere. We can absorb life-force by spending time in nature, looking at the sky and by experiencing Light.
- The general tendency is to meditate and expect a miracle to take place. This will not happen. We have to meditate and make efforts. When we meditate, we are in a state of bliss, peace or at least relaxation.
- Once you offer yourself to the Light, you don't have to ask for anything. Even if you don't become a channel for Light, you need not pray for anything because God knows what we need. We pray for our own satisfaction, and there is nothing wrong in that.
- With casual interest, we can only achieve small things. To achieve something great, one has to be passionate.
- All Meditators on this earth have a special responsibility. It is through the Meditators that new energies are released and the New Age is established. The Meditators are playing a special role in creating destinies for themselves and humanity, whether they are aware of it or not. Establishing the New Age is also a Spiritual goal.
- We must follow the principle of being non-judgemental to overcome the habit of finding faults with others. But in the case of grave crimes, we cannot remain non-judgemental. We cannot condone rape, murder, terrorism and other such acts; we have to judge and mentally reject such acts.
- We must know that Meditation and all Sadhana must translate into the transformation of our thinking, emoting and behaviour.

- Guruji Krishnananda



A Light Channelling session was conducted in a school in Indiranagar, Bangalore on September 18, 2024



Students and staff members of one of the Engineering colleges in Chikkagubbi, Bangalore, channelled Light on September 21, 2024



A Light Channelling session was conducted for the teachers of a School in Udipi in Karnataka on September 26, 2024



## Life Force

Manoj Chopra

Have you ever seen a child jumping with joy when there was a sudden pouring of rain, the appearance of a rainbow in the sky, or a butterfly around? We would have also observed their happiest moments when they created their own tent house or mud house. We will be wondering: how could a small feat make them so happy and joyful? It is the Life-force that makes them cheerful and joyful. The life-force is all around the earth, and children absorb it to the maximum because of their innocence and purity. We too can be cheerful and happy like children if we consciously absorb the life-force, which is very much possible!

Guruji Krishnananda once said, "We are not here to experience alone; we are here to manifest as well." He told us there is life-force behind all creative activities like painting, music, poetry, dreaming, daydreaming etc. It is a gift from God and speciality of the material cosmos. It's everywhere. It is in nature. If we spend time in nature, we feel so fresh as if we are born again. He also told us that if we want to absorb the life-force consciously, we should look at the sky. By just looking at the sky, we can absorb a lot of this invisible energy.

Recently, I was watching BBC news. They were showing a Palestinian refugee camp. Naturally, it was not good to watch such a scene. But strangely, I could see two kites intercepting each other just above a temporary shelter. Definitely, there must have been children flying the kites. I began wondering, how much of Life the children are bubbling with, to celebrate it, even in disastrous circumstances. I think of another incident, when there was a tsunami in Tamil Nadu, and all the houses were just flattened. In the news it was shown, there was a small room and a broken door, a doorframe, where a lady was seen cleaning the area in front of the door and decorating it with Rangoli. That is what life-force is. There will be situations in Life—each one's Life—when we think the end of the world has come; that it's all over, but somehow, life-force keeps the hope alive. With its absence, our lives will be dull and sluggish. It will be like Love without care, a moon without moonlight, and a flower without fragrance.

I think whenever we are low on life-force, we should look at the bigger picture of Life. Maybe, we have to become children again, or we can have the childlike innocence our Guruji had. He also mentioned that to enter God's kingdom, we have to become like children. I think when we stop wondering, when we stop enjoying music, sunsets, or starry nights, it means we are low on life-force. We should allow the life-force to manifest to the maximum by not suppressing it.

When we channel Light by connecting with the ocean of Light, we receive the life-force to the maximum. Let us channel Light and make our lives more joyful, blissful, and purposeful. ■

### 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	: 6175
Students channelled Light	: 30.98 lakhs
Schools channelling Light regularly	: 508
Children channelling Light regularly	: 2.21 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



A teacher from Sri Guru Vidya Samasthe, Shivapura narrated her experience. Her husband was short-tempered and never listened to her. He also had high BP, over 200. She taught him Light Channelling. His BP is under control now and he listens calmly to the family members.

She had severe headache and could not bear that pain so she got the MRI scan done. The doctors told her that this was due to tension. She started practising Light Channelling daily. Now she doesn't have headaches. She continues to practise channelling regularly, every day for ten minutes and also insists that her children also practise.

- Chandrakala D.,  
Light Channel Volunteer

I have been practising Light Channelling for over one and a half years. Since August 2022, I am undergoing treatment for lung cancer. I underwent surgery twice in the lungs followed by chemotherapy etc. Light Channelling has helped me to strengthen my mind during this difficult period to withstand my medical condition. I channelled Light regularly both in the morning and evening. I also kept the awareness of Light all the time. This has created a positive attitude in my day-to-day Life experiences. Undoubtedly it has brought calmness to my mind. I am able to channel the Light to my chest. Though it was difficult during the initial days, now I am comfortable spreading the Light. I have a different feeling now which I am unable to express. Earlier my mind wandered here and there, thoughts disturbed. Now it is not like that. My anger has also subsided. Channelling has helped me transform into a peaceful person. I wholeheartedly thank God for blessing me through Light Channelling.

- Smt. Sudha Indirabai, A Light Channel

Before Light Channelling, I was torn by low self-esteem. Now I am coming out of that condition rapidly. I would keep advising everybody. I thought I was helping. If people did not listen to my advice, I would feel angry and sad. Now I think that God will definitely protect them and help them, and I have reduced advising everyone. Earlier, I used to always complain about someone or something. Now I understand that everything happens with God's will. I accept and am at peace to some extent. I always used to think about the past or future. So, my mind used to be heavy always. Now, I am trying to be in the present moment. I am experiencing a lightness in my mind. I am able to smile often. My self-awareness has increased. Whenever I become aware, I fill myself with Light and also channel to the world. During these times, an ineffable peace and contentment spreads within me. I am trying to correct my mistakes constantly. I feel like expressing my gratitude for even the smallest of things. This brings so much joy to me. I thank Guruji, Sapta Rishis and God wholeheartedly.

- Smt. Umadevi, A Light Channel

Light Channelling is wonderful! I look forward to it every day. I have been practising it for the past one and a half years. The universal truths that we affirm before channelling are very useful. I am not able to explain it in words. There is so much calmness and peace within me and in our home too. Now, I don't need any external person to counsel me when I go through difficult times. I know that God takes care and I take solace at His Divine feet. My heartfelt gratitude for making this technique available to us. My prayers for the well-being of those involved in this Divine service.

- Smt. Selvam, A Light Channel