

**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 15, Issue 3**

**Bi-Monthly Newsletter**

**May-June 2025**

## **A MESSAGE**

**Guruji Krishnananda**

(Excerpts from his talks delivered on 23<sup>rd</sup> Sept 2012)

*What really is Yoga?*

Yoga is absolute harmony with everyone and everything. It is attunement with the Universe. It is living in expanded Awareness.

Yoga is attuning with all Life at all levels, and if possible, in all planes. It is also being aligned with the purpose of this Creation.

Yoga is surrender of the highest order. A true *Yogi* follows all the laws of this world and also the higher laws applicable to *Yogis*. He can break certain laws for a higher purpose but he will not do it. A *Yogi* is a Guru.

Yoga is not just an individual's personal achievement. It is always linked with others and the Life outside.

## **HAPPENINGS**

**Jayant Deshpande**

Are we really moving towards the New Age? We may wonder sometimes, but our movement towards the New Age is a reality. Somehow the negative happenings are highlighted more, and many wonderful developments are ignored. For example, we can observe that there is a kind of a shift in Consciousness. Maybe it is not enough.

We have to live in alignment with Light, to make our movement faster. In the process of living, we have to deal with many things. Let all our dealings be based on truth and honesty. We can easily choose peace over conflict and Love over hatred. When we do it, we will be hastening the movement of this humanity towards the New Age.

## **LIGHT WORKS**

**Manoj Chopra**

We are living in challenging times and facing unprecedented events in our lives. Despite all our progress, achievements and comforts, there is a sense of uncertainty. Day by day, stress and anxiety are increasing—both at our workplaces and in our relationships. Many people who are unable to manage the situation are turning to Spirituality.

It is heartening to see that awareness of Meditation is growing worldwide. In a historic move, the United Nations has declared December 21 as *World Meditation Day*. I believe it is a great step towards the New Age. I'm confident it will gain greater momentum in the coming years.

We at Manasa Foundation have been teaching Light Channelling to children and adults since 2008. It is an advanced technique that is significantly contributing to the growing popularity of Spirituality and Meditation.

## **MANASA FOUNDATION (R)**



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### QUOTES FROM THE LIGHT MASTERS

- When people speak or interact from the level of their egos, they appear like small kids—sometimes angry, sometimes stubborn, but they are always amusing. What will you do with your kids? Love them and wait for their growth!
- We remember that we take up Sadhana because we are imperfect and wish to become perfect. A perfect person needs no lessons.
- Every New Year brings new energies. These energies bring new Awareness. With the new Awareness, our horizons expand and we grow. This *Ugadi* brings new energies and new opportunities. Let us make use of the opportunities and grow.
- It is easy to get worshipped, but it is the job of a true guru to see that the Sadhaks are not stuck in the stage of worship and lead them to the Union with Light.
- We live in the human plane. Being human is natural and Spiritual. This part is not clearly understood. We have been conditioned to believe that Spirituality is devoid of emotion, sentiment and laughter, but this belief is entirely wrong.
- Pralaya is working in its own subtle ways. The major part of Pralaya is to shake us up and wake us from the slumber of the settled life of old ways and beliefs. It is not easy to understand Pralaya, but it is interesting to watch it's workings.
- Time and distance vanish when we are connected with a Guru. True relations remain forever, while the false ones fade away.
- Worship is an act of Love and Respect. It is best expressed by following the teachings and guidelines in a dignified and sensible way. Worship is not a one-time *pūja*; it is a continuous attempt to live the ideals.
- Before the Light Age, this mess of corruption and violence has to be cleansed. For that, we have to meditate and channel Light.
- There is no difference between civilisation and Spirituality. Tolerance, peaceful disagreements and protests, and respecting others' freedom are signs of a mature democracy. They are Spiritual.
- New Age Spirituality removes all boundaries and brings oneness.

- Guruji Krishnananda



The HM of one of the schools in Ramamurthy Nagara, Bangalore, conducted a Light Channelling session in a Parent-Teacher Meeting on February 21, 2025



Students of one of the schools in Calicut, Kerala, participated in a Light Channelling session on March 1, 2025



Students of one of the schools in Bangalore, channelled Light on February 1, 2025



## Success & Failure

Manoj Chopra

Life is a battle, and everyone strives to win. Since childhood, we have been conditioned to believe that Life is a competition and winning at every step is essential to survive. In our society, success earns more admiration and respect, while failure often leads to judgment or being looked down upon.

I believe that each of us is unique and special, and no one should be judged based on their success or failure. Success and failure are simply two sides of the same coin. As a famous scientist once said so beautifully, *"Failure is success in progress."*

To understand success and failure, we must understand certain realities of Life. We are born into this wonderful world to experience and celebrate Life. Although this is a beautiful place to explore the infinite opportunities, it is bound by certain laws. Just like day and night, success and failure are natural aspects of Life on Earth. God does not give us failure to make us suffer; rather, every failure is an opportunity to grow and shine. When we struggle, we grow and attain higher things.

Success simply means we have reached a certain milestone. Failure, on the other hand, only means we have not yet reached that point. That's all—it is not a verdict on our worth or potential. It's also important to realize that success and failure are often subjective. What may be considered a success for one person could be seen as a failure by another—and vice versa.

Sometimes, failure teaches us more than success. It humbles us and reveals our shortcomings. Failure also helps us to see the problem from the higher perspective. When our dreams are for a larger cause, we tend to get more failures. But we must remember that *every fall is a measure of how high we have to fly*.

Success brings us a sense of satisfaction and the confidence to dream even bigger. Practices like Light Channelling help in clearing inner blockages and guide us toward achieving our goals. They also give us the strength to deal with our failures and renew our energy to move forward with greater zeal. We will have enough wisdom to live our Life in a balanced way, which is the most important aspect for a successful Life. Light Channelling not only nurtures our mental well-being but also contributes to our physical health, supporting holistic growth and harmony.

I believe we must learn to rise above both success and failure. We shouldn't be overly affected by either, as both are temporary and ever-changing. True success, in my view, comes when we are able to manifest the Life force within us and experience a state of inner bliss. Practices like Light Channelling and Meditation guide us toward this higher state of being. They help us transcend the duality of success and failure, allowing us to connect with our true essence and live with greater peace, purpose, and joy. ■

### 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

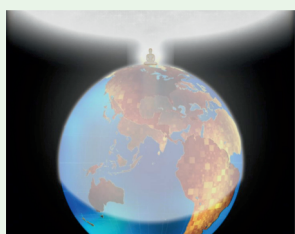
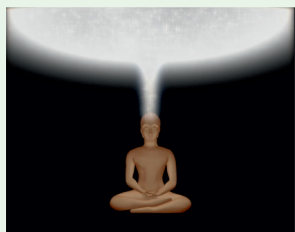
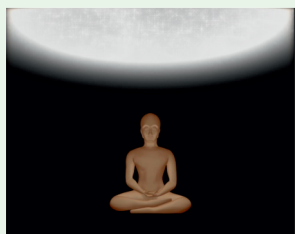
**A Guided Live Online Light Channelling session will be conducted every third Sunday from 11.00 AM to 11.30 AM which will be open to everybody. It can be accessed through the following link: [www.lightagemasters.com](http://www.lightagemasters.com)**

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)

## 15TH WORLD CHANNELS DAY EXPERIENCES

Compiled by Vaishali Joshi



The Trustee of Muskaan NGO shared that streams of tears were rolling down the cheeks of a student, so I spoke to her after the Light Channelling session. The girl said that she was studying in the 10th grade, and she felt lighter during the practice. She felt as if all the burden she was carrying was now completely released. She also felt peaceful and experienced solace, and then she realized that this experience was the greatest happiness of Life. She smiled. She's one of the underprivileged kids studying at this NGO.

I was profoundly touched by her experience, tears welled up in my eyes, and I felt immense joy! I guess this happiness was equivalent to the feeling one gets after serving a million kids.

- Alka Singh, Light Channel Volunteer

I conducted two Light Channelling sessions on World Channels Day. The first one was at Vagdevi Vilas School, TC Palya. When I was practising Light Channelling along with the students, I could not only feel the Light being channelled by these students but by many other students from other schools as well. There was an abundance of Light, and I experienced the feeling of Oneness with this Light. It was a special and memorable experience. After the session, a teacher told me that she was practising Light Channelling regularly and that she feels very peaceful and calm after channelling.

My second session at BIA, Whitefield was for students from grades 1 to 4. The children took time to settle down. They were just running around, and the teachers were running behind them. I was wondering whether these kids were too young to understand about Light Channelling, but once the session started, everyone became quiet. They were attentive, listened to everything I had to say, and the

surprising part was they even gave the right answers to the follow up questions. All of them followed the instructions being given and practised very sincerely. The teachers who previously had to repeatedly instruct the children to settle down did not have to say anything during the session. I express my gratitude to the Manasa Family and the Rishis for this wonderful opportunity.

- Varunsai Manchikanti,  
Light Channel Volunteer

On Friday morning, the moment I started the Light Channelling session at K V Malleswaram School, I felt as if the Light had taken over the session because words flowed automatically and that boosted my spirit with enthusiasm. After the session a student shared his experience. He said that not only this world but the other planets and galaxies were filled with Love and Peace.

During the next session at Stella Mary's School, I felt as though the students were engrossed in Light while channelling It. I could feel the serenity and the Divine presence. The students' faces reflected a sense of calmness.

The whole day vibrated with Love and Peace. I thank the Rishis, Guruji and the Light for all the wonderful experiences.

- Sujatha Rama Rao,  
Light Channel Volunteer

This year's World Channels Day was amazing! It felt like the effect of Light was there for a few days even after the event. I felt calm and my mind was clear and undisturbed for the next few days. I am learning to have more trust and surrender to the process of Life. Light Channelling really helps here!

- Shriya Sasank, Light Channel