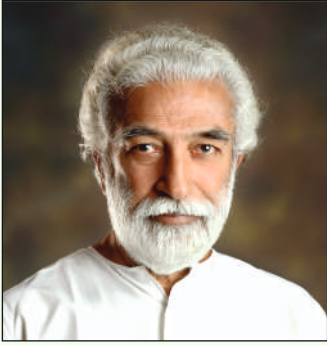




GURUJI KRISHNANANDA (1939-2012)

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

LIGHT CHANNELS

Volume 16, Issue 2

Bi-Monthly Newsletter

March-April 2026

A MESSAGE

Guruji Krishnananda

(Excerpts from his talk delivered on February 29, 2004)

How do we experience God? We were discussing and we thought, we can experience God in many ways. One way is like this: we experience Him as the Light when we meditate. I hear many people narrating their experiences. When we meditate, at some stage, some time, we will come across a Light. We not only see the Light, we experience the Light. Sometimes, we become the Light. When we experience the Light, we will be experiencing God himself. We can experience God as Peace when there is no agitation, no ill feeling, no complaints and no grumbling. When there is Peace, that is God. We will experience God as Peace.

We can experience Him as vastness. Think of the sky, we can experience this vastness at other levels also. We can expand our emotions, we can expand our thinking. Wherever there is vastness, there is God.

HAPPENINGS

Jayant Deshpande

Maharshi Amara was present in an event where the processes to establish the New Age were initiated by the Light Masters. We are currently passing through the phase of transition. The New Age will be full of Love and Peace. There will be no trace of negativity and people will not even know that a lie can be spoken. Our advancement towards the New Age can be hastened with human Spiritual efforts. The Light Channels World Movement is our effort in that direction. A huge Spiritual effort was made on the 16th World Channels Day to strengthen this Movement.

Every such effort made will not go waste. The New Age is waiting to descend. We need not wait to begin manifesting it now.

LIGHT WORKS

Manoj Chopra

Maharshi Amara was a great Rishi who worked selflessly for humanity. He hoped that 144 Meditators would rise to carry forward the future work. If not, he expected at least seven to shine. And if not seven, then at least one to rise to the expectations of the Rishis. Even if none were to meet their expectations, he was prepared to leave his body with the satisfaction that he had done his duty.

His profound teachings guide us to approach this work with enormous patience toward every individual and to allow each person the complete freedom to grow at their own pace. We have to do our job and leave humanity to choose its own path.

May the 16th World Channels Day bring greater awareness, harmony, and positive transformation to the world.

MANASA FOUNDATION (R)



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QUOTES FROM THE LIGHT MASTERS

- Only those who try to climb, fall. The others on the ground are always safe. There will be no fall. Even if we fall, we have to climb. Even if we fail, we have to move.
- If we spiritualise ourselves, many of our problems or almost all of our problems, even material problems, get solved. Miraculous things occur at the individual level.
- Surrendering is first establishing a bond of Love with God—making God a partner in our lives, then tuning to Him and living all the 24 hours under His guidance. Surrendering is pushing back our ego and inviting God to fill up our entire Life. That is surrender.
- Stress is a kind of panic reaction. We feel stressed out when we are helpless, cannot find a way out of a situation, feel incapable of facing it, feel hopeless, or are uncertain about the results. Stress is a natural thing.
- Whenever you are stressed, imagine a beam of Light entering your head. This is no ordinary light. This Light from God contains all the help we need. It contains the necessary information, the advice, a solution, and an answer. And not only that, this Light contains a lot of energy to give us enough strength. It gives us the strength to face the situation and to come out of it.
- If we are not too worried about the result, if we are not too anxious about the outcome of a situation that causes the stress, then there is a lot of relief. We are not really bothered, we are not really concerned or worried because when we have placed our problem before God, we know that He takes care of us. We know that whatever the result, it would be the right one.

- Guruji Krishnananda

16TH WORLD CHANNELS DAY PHOTOS



On World Channels Day, employees of **Brokerage Free** took part in an online Guided Light Channelling Session



Photos 1: Drawing the Light Channelling Technique, Photos 2 & 3: Students channelling Light in Bangalore, Photo 4: With gratitude and reverence, students offering floral tributes to Maharshi Amara



Thousands of students in Bangalore came together in silence to channel Light on World Channels Day

16th WORLD CHANNELS DAY - A REPORT

Manoj Chopra

I have always believed that accomplishing big goals doesn't require many people—it requires a small group which is focused, dedicated and passionate, and truly understands and is aligned with the work. Our Volunteers reflect all these qualities. Above all, they have imbibed the vision of their Masters—Guruji Krishnananda and Maharshi Amara. World Channels Day is one such big step towards their dream.

In pursuit of establishing World Peace, the 16th World Channels Day was celebrated on the 30th of January 2026. Around a hundred Volunteers worked tirelessly and made around seven lakh children channel Light. Thousands of people joined the online sessions, which were planned meticulously by the social media team. While World Channels Day went smoothly, substantial work was carried out behind the scenes. It was a sincere and collective effort by the entire Manasa family to establish Peace by bringing down more Light.

Sixteen years is quite a good amount of time for reflection! The world may appear the same—violence, corruption, etc., still persist like before. One may wonder where the impact of channelling by lakhs of children and adults is! Where are the visible changes? The truth is that Light always works, but we may not see its immediate effects on the physical level. Light offers an opportunity to transform. We are not ready yet, we are busy with trivial issues, like satisfying our ego. Light works at the subtlest level and takes time to manifest. There is already lots of Light but we are failing to manifest. We have to understand that Light never imposes changes on anyone. To manifest the changes, we have to give up our old ways and accept the changes. We believe that the New Age will descend from somewhere outside, but it begins from within. As more and more souls awaken to the Light, the New Age will unfold through all of us.

The media is interested only in sensationalism and highlights negative news only. Yet, if we observe carefully, we can see the truth emerging from the turmoil. Many silent yet profound Spiritual changes are taking place. We need a lot of patience and Spiritual wisdom to understand their impact. For change to manifest at this level, humanity must prepare itself. The Astral Masters are patiently waiting for humanity to take the next step.

Behind the success of World Channels Day lies the selfless Love and dedication of our Volunteers. We are deeply grateful to the Teachers, Students, School Authorities, and the thousands of adults who participated in the online sessions on that day. They truly understand and resonate with our vision and our work. I strongly believe that great achievements are never the result of one individual alone—they are always the outcome of collective effort and teamwork.

We are also deeply thankful to Guruji for blessing us with the soul-satisfying work of Light Channelling. This work not only gives purpose and meaning to our lives but also contributes to fulfilling the vision of the higher Hierarchy. Let us move forward together for this greater purpose and continue to channel Light daily. ■

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

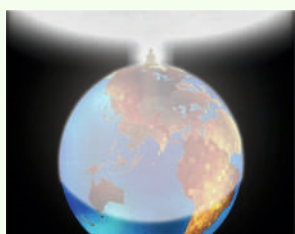
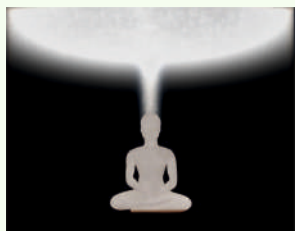
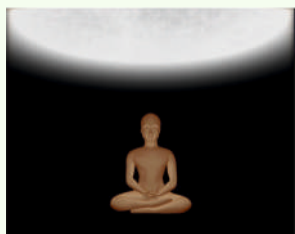
A Guided Live Online Light Channelling session will be conducted every third Sunday from 11.00 AM to 11.30 AM which will be open to everybody. It can be accessed through the following link: www.lightagemasters.com

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

EXPERIENCES

Compiled by Vaishali Joshi



We conducted Light Channelling sessions for the students of Grade 3 and above at Kariyappa Memorial School, Sathanuru, Bangalore. The children sat very quietly for seven minutes with their eyes closed. After the session, the entire school environment was filled with positivity. They were very happy and said that in just seven minutes they were able to experience how powerful this Meditation is. The Principal expressed his heartfelt gratitude on behalf of the school for teaching this technique. He said it is very beneficial to all the school children.

At Government Primary School, Kodihalli, Kanakapura (Centenary School), both the students and teachers practised Light Channelling with great joy and enthusiasm. After the session, the children came and surrounded me, saying that the technique was truly wonderful and that they were very happy. They requested me to visit their school again and said they would practise it even better next time.

The teachers also asked me to visit again and said, "This has been very useful for our children. It is truly a wonderful Meditation."

The happiness that I saw in the children felt like an unforgettable celebration. I was extremely happy and expressed my heartfelt gratitude to the Light Masters for providing me with such a wonderful opportunity.

- Nagarathna K. S.,
Light Channel Volunteer

After I practise Light Channelling, my mind becomes fresh. I feel that an invisible energy enters my body. Now, I have more interest in studying.

- Pruthvi H. S., Std. X, Bapu High School, Yeshwantpur, Bangalore

A student from Nitya Jyoti Public School, Mallasandra, shared her experience. She has been practising Light Channelling every day. Earlier, she used to panic about small things. Now, she has been able to overcome it and is very confident about whatever she does.

- Chandrakala D.,
Light Channel Volunteer

Many students shared their experiences after the Light Channelling session at K V Primary School, Picket, Secunderabad. One student said that he felt very energetic, another student felt stress-free, and many of them said that they felt very peaceful.

- Jayasree Vasudev,
Light Channel Volunteer

During the Light Channelling session at Kuvempu Smaraka Vidya Kendra, Whitefield, Bangalore, students from 8th to 10th standard channelled Light. After the session, a student said that during the session, she felt that more positive energies were coming into her life and negativities were decreasing. Another student said that the negative thoughts in his mind had faded, and there were positive thoughts and vibes in his mind.

- Kalpana Rajshekhar,
Light Channel Volunteer



**Thank you for participating in the
16th World Channels Day
January 30, 2026**



**Over 700,000 people channelled
Light worldwide**

Join our guided Light Channelling Session
Every 3rd Sunday | 11 to 11.30 AM (India Time)

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

Heal Yourself, Heal The World