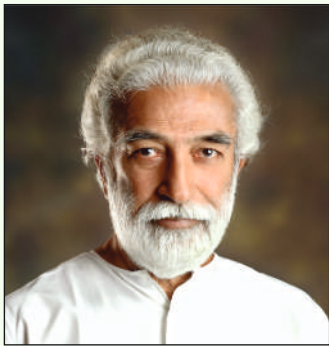




GURUJI KRISHNANANDA (1939-2012)

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 3

Bi-Monthly Newsletter

May - June 2026

A MESSAGE

Guruji Krishnananda

(Excerpts from the book Channelled Knowledge from the Rishis, Vol 3, June 19, 2011)

Does self-negation help humility?

No. These two are entirely different. Self-negation is condemning oneself and thinking “I am useless”, “I am bad”, etc.

When we are humble, we know our strengths and positive aspects. We are aware that there is a Higher Intelligence, God. And we are aware that in front of Him, we are nothing. That is humility. In spite of our achievements, we don’t feel arrogant. We can be proud of our strengths and achievements without being arrogant.

When we are humble, we love and respect others, we are patient, accommodating, and we listen to others even if the other person is wrong or ignorant.

HAPPENINGS

Jayant Deshpande

As the work of introducing Light Channelling to more schools continues, slowly even colleges and technological institutes have begun introducing this to help the students deal with challenges of pressure and stress. Some housing societies and clubs are also organising sessions to support their members in facing life’s challenges.

As we pass through turbulent times, and more people begin to seek answers to some of the fundamental questions about the purpose of their existence, the practice of Light Channelling brings great hope and a path to discover those answers within themselves by directly experiencing the Light.

LIGHT WORKS

Manoj Chopra

Recently, one of our team members went through a chaotic situation in her life. She is generally a very calm person, but the circumstances challenged her to the point where she lost that calmness. She found herself experiencing a mix of emotions—anger, frustration, and even blaming others, which is something many of us tend to do in difficult moments.

However, she was not comfortable with this shift in her behaviour and consciously decided to regain her balance. She took a step back, calmed herself, and began practising Light Channelling. Within just 15 minutes, her emotions stabilised. Free from anger, she was able to return to her work with a refreshed, peaceful, and composed mind.

This incident is a powerful reminder of what Light Channelling can do. Let us make it a part of our lives and experience its benefits.

MANASA FOUNDATION (R)

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QUOTES FROM THE LIGHT MASTERS

- Bringing out the Divinity as Love, nobility, Peace, truth, etc., is Spiritual. When we bring out such things and pursue Sadhana, we attain Spiritual freedom, but if we bring out the negative part, like anger, jealousy, meanness, and untruth, we naturally go down spiritually, and we have to spend a lot of time in Spiritual darkness.
- When we curse someone, this definitely affects the person, but this is only the first part of it. Because of inflicting harm on others, we in turn attract Karmas, attract pain. So when we really curse others, in reality, we curse ourselves.
- We should never escape our commitments and duties. If we do, we have to take birth again to clear these.
- We can experience God as purity. When we are pure in our thinking, reacting, etc., every one of us, we enjoy it, we have a kind of satisfaction, a great satisfaction. If we are pure, we will be experiencing God. Similarly, being honest, being truthful. People who are aware of this, experience God in honesty.
- For peace and happiness, we have to develop Love and *vairagya*. Love removes all conflicts on the human plane. Love connects us to God. Love connects us to the Rishis, the Masters. And with *vairagya*, we will never feel disappointed, because we are not attached to the results.
- Any creative activity is a part of Sadhana. Poetry, music, painting, and even sculpting are a part of Sadhana, simply because these creative activities link us to the Creator; to God Himself.
- While living here, if we become aware of our permanent relation with God, we can look at the whole Life in a very detached way. Leading such a life is *vairagya*. *Vairagya* is anchoring ourselves in God and leading this Life like a tourist. *Vairagya* is not giving up things. It's an attitude.
- Detachment is an attitude. It is not giving up Life. It is not giving up things. It is giving up our ego, perhaps. It is living this Life fully, completely, always keeping the awareness that this world is temporary. Detachment is not cutting off from Life, not keeping ourselves away from Life. Detachment is a very positive way of Life, full of wisdom. It is balancing the material and the Spiritual.

- Guruji Krishnananda



Students of Ebenezer Institute of Technology, Bangalore, channelled Light on March 18, 2026



Delegates of Cooperative Housing Societies in Sangamner, Maharashtra, channelled Light on March 22, 2026



Students of one of the schools in Chennai, channelled Light on February 26, 2026

Excerpts from Talk by Shri Jayant Deshpande
19th April 2026

A very common problem we face while practising the Light Channelling technique is that of thoughts. We begin the practice, and then realize that we are lost in thoughts. What can we do to overcome this problem? We have to ignore the thoughts and keep our attention on the practice of the technique. When we begin the practice, we have to be a bit alert and consciously remain focused on the practice. Then, we naturally become aware of the Light, which helps us to shift our attention away from thoughts. When we focus on the technique, we strengthen our intent of receiving and experiencing the Light. It is the intent, which helps us to bring down the Light. It is the intent, which helps us receive and spread the Light. Intent is very important. Light follows the intent.

We can also try to relate to the Light with great Love. We have to become aware that the Light we channel is not just an ordinary light. It is the most loving and alive Presence, which is everywhere around us. It has great Love. It is the existence which is closest to us. This awareness about our relationship with Light improves the quality of our practice. We experience deep Peace.

The withdrawal of our attention from stressful thoughts and the experience of Peace relaxes our system. A relaxed system and the healing energies which are part of the Light we receive, helps in healing. The other positive energies the Light contains help us in many other ways. They contain great wisdom and strength. We receive all that Light has, and the process of positivisation within us becomes stronger. But we need to practise Light Channelling regularly to have a lasting impact. Consistency in practice is very important. Then, the quality of our vibrations improve.

Apart from regular practice, we have to consciously let go of certain things. If our thinking is causing stress to our system, we have to consciously try and let go of such ways of thinking. It is not easy, but with practice, anything is possible. This conscious practice from our side will have a cleansing effect on us. It is like taking a bath. When we take a bath, we feel refreshed. Similarly, the practice of Light Channelling is like a bath for the inner bodies; for our mind and intellect. It will help us think and emote positively. Then, naturally, the health of the system improves. Our efficiency in doing things also improves. Whatever work we may be involved in, we will be able to do it better.■

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

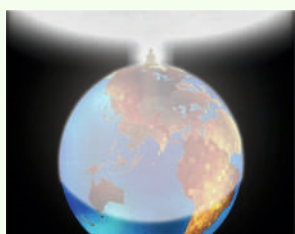
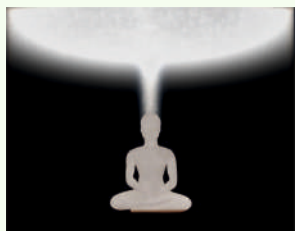
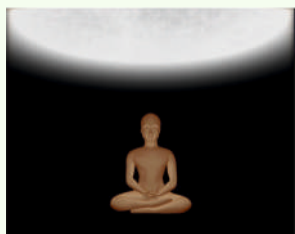
A Guided Live Online Light Channelling session will be conducted every third Sunday from 11.00 AM to 11.30 AM which will be open to everybody. It can be accessed through the following link: www.lightagemasters.com

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 three Light Channelling sessions at Nutan Marathi Vidyalay, Narayan Peth, Pune. After the session, a teacher commented, "Though we conduct Meditation sessions every day, the students are not usually as still as they were today." A student who was laughing and disturbing others during the third session came to me after the session and apologised for his misconduct.

- Ashutosh Navangul, Light Channel Volunteer

During the Light Channelling session, I felt that everything was becoming peaceful, and the earth was full of happiness. Along with this, I experienced that I was wandering in the Universe during this session. It was a wonderful and memorable session.

- Ajay Kaushal Pandey, KV School, Bangalore

In Nivedita School, Tumkur, Light Channelling is practised regularly. Two teachers shared their experiences. Mr. Vikas said that he experienced calmness and serenity and was in a different world while channelling Light. Ms. Manjula said that all her tension vanished after practising Light Channelling.

- Anjali Patil, Light Channel Volunteer

A student from New Carmel School shared her experience. There was a lot of noise, as some construction activity was going on next to the school. She said that once we started channelling Light, she felt peaceful and couldn't hear any sound. It was really amazing, as many other students agreed with her.

- Roopa K. S., Light Channel Volunteer

Initially, I experienced that Light was passing through the Agna Chakra, and it

started spreading to each and every cell of my body. This positive energy was cleansing my whole body as well as my mind, and I felt as if both my body and mind were in a state of relaxation. The entire hall was completely filled with the Cosmic energy, and I could feel the energy flow in the auditorium, making the students completely involved in the channelling process. The entire hall was completely calm and peaceful. After the end of the session, as soon as I opened my eyes, I felt totally happy, and I was in a conscious state. Of course, the energy had energised all of us. Hope this Divine Light helps us to enhance our mental abilities and also to sustain our physical and mental health.

- Anupama S, Lecturer in English Dept, V N PU College, Vani Vilas Road, Bangalore

We, from Mother Theresa Education Society, write to you with gratitude that, after your introduction to us regarding the Light Channelling, it's been almost two years since our students and teachers began practising it every morning after the assembly.

There is a visible difference in the attitude of the students, as they have benefitted from the Light Channelling sessions. Students seem to be visibly calm and composed, and more attentive in the classes post Light Channelling. They attend their classes with concentration.

Even teachers have shared a positive result in their lives, as it calms them down during their hectic working hours and has reduced their stress levels. They feel happier and relaxed after channelling.

We therefore extend our heartfelt gratitude to Manasa Foundation for their humble initiative taken towards the benefit of mankind.

- Principal, Mother Theresa Education Society, Bangalore