



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

LIGHT CHANNELS

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September-October 2022

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks delivered on 27th October 1996)

There is change at every level. Old things give way to new things in every area. This process of change goes on though we do not notice it. It is only we who try to hold on to old ways and remain where we are.

A Spiritual law says, “We have to go on evolving with the processes of evolution.” We cannot remain stationary when everything is changing around us. We have to change our approach to Life, which we normally do not do. We should learn fast, to throw out the garbage in us, in this period of drastic changes at the global and higher levels.

HAPPENINGS

Jayant Deshpande

Some people have experienced miraculous healing with the help of Light Channelling. The Light has many positive possibilities and yet there are times when people feel that in spite of their practice of Light Channelling, the problems persist. All the people do not experience miraculous healing. Why does this happen? The reasons probably lie somewhere in the deeper levels of Consciousness.

I feel it is not necessary to know the reasons, but it is necessary to increase our efforts in our Spiritual pursuits to move towards positivity. Our movement towards positivity, towards Love and Peace is always helped miraculously by the Light. This movement then helps us find solutions to all our problems, including of course the health problems.

LIGHT WORKS

Manoj Chopra

We have completed more than 14 years of Light Channels World Movement. We did not expect such great success at that time when we launched the Movement in the year 2008. It is the Grace that has worked all these years. I feel this World Movement is the Hope to the world. Once Guruji remarked that this work is the most important work happening on the planet.

Looking at the present scenario in the world, it is difficult to believe that there will be New Age soon. But we know from our Masters that the New Age is not a dream. It is a reality. We will see visible positive changes soon. At this juncture, I thank every Light Channel who has supported this Movement and trusted our vision of the New Age!

MANASA FOUNDATION (R)



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QUOTES FROM THE LIGHT MASTERS

- We miss the joy of living by grumbling and complaining all the time. We do not appreciate what we have and always seek things that are beyond our reach. Somehow we find many reasons to be unhappy and choose unhappiness.
- The joy of Life does not depend on money and comforts. It depends on contentment.
- Through Meditation, we can experience Love and Peace of the highest order. Meditation brings us freedom. It takes us back to our Source, burns our Karmas. We can see all the falsehood in and around us.
- Life is different things to different people. For me it is an opportunity to experience. There are so many beautiful things on this earth to experience, which is why so many souls flock here.
- Life is also an experiment to refine ourselves. We can refine our behaviour, our body movements, emotions, thoughts, relations, and so on.
- Life is an opportunity to manifest the Divine: **to manifest Love.**
- Life is an opportunity to learn, grow and more importantly, to serve. We can serve in our own way.
- Instead of trying to control the anger, we can manifest Love. When we manifest Love, the anger vanishes.
- If we always remain in the Ocean of Light, the anger will not find a place there. Anger may still come, but we can ignore it.
- A little anger is fine, but if we cannot get over our anger at all, it is possible that we like to be angry. If we don't want to be angry we will not be angry.
- Any calamity, even a war can be prevented. But it requires great efforts from the masses. People in very large numbers have to meditate and channel Light to the world.
- All revolutions begin from individuals. If an individual transforms, it will have an influence on the people around him and even they begin to transform.
- Prana purifies our system of body, mind and intellect, mainly the mind. Regular practice of Pranayama purifies our emotions.

- Guruji Krishnananda

Light Channelling Sessions conducted in schools in various parts of Bangalore in July 2022



Excerpts from Shri. Jayant Deshpande's Talk

17th July 2022

A person had a lot of neck and shoulder pain for a prolonged period. She realised that the pain probably was not just due to purely physical reasons, but was also caused by some emotional burden of the past she was carrying. She did not know the real cause for sure, but because taking medicines for a long period hadn't helped her, she wanted to find out the reasons that may be beyond the physical. She was probably guided by her intuition.

She decided to experiment. She began channelling Light and wholeheartedly sought help from the Light to help her get rid of the past hurts. She prayed to help her forgive the people who have perhaps unknowingly hurt her. With this very sincere and wholehearted effort, she realised, that within minutes her neck and shoulder pain had reduced by 90%.

Is this really possible? It happened to her. I am just sharing her experience.

We know that any emotional disturbance affects not just the mind but the whole system. This disturbance manifests as some discomfort at all the levels of our system. She was fortunate to have realised the cause. She also had an open mind to accept the responsibility for the pain in her body, instead of grumbling and blaming the whole world.

Generally we will not be knowing the root cause of any pain or problem we have. It does not matter if we do not know. When we positivise, when we forgive others and ourselves, when we move towards purity, our health improves. We are helped by the Light. Moving towards positivity has such Life changing benefits.

Light opens many doors of positive possibilities for us. It opens many doors for self-transformation. Having an open mind helps. Taking responsibility for our Life, our problems, helps. When we begin channelling Light, we receive wisdom from the Light. We may not know what exact wisdom we have received. But if we have an open mind, we become aware of the root cause and solutions to our problems, like it happened in the case of this person. She could get rid of the pain.

I am not saying that for everybody who has a neck and shoulder pain, the root cause is in the mind. For different people the reasons will be different. In some cases it may be purely physical, in some other cases it may be emotional or genetic or something else. My idea behind sharing this experience is not to provide a solution to neck pain. I am just saying that when we have an open mind and when we seek help from the Light, the Light gives us the wisdom and guides us towards the right solution.

That is why establishing a relationship with Light is so important. And Light Channelling - I have realised - is the best way to establish this relationship. Let me quickly add that this is not the only way. In fact no technique is required to establish relationship with Light or God. Just having Love for Him makes this happen. Light Channelling helps us. It connects us with the Light, helps us to experience the Light and helps us strengthen our Love, our relationship with the Light. ■

REGULAR LIGHT CHANNELLING CENTRE

People from the locality join voluntarily to channel Light in a group at our below mentioned Channelling Centre, periodically. All are welcome to participate. There is no fee, no membership.

Fridays (11 am to 11.15 am)

Siddhi Vinayaka Devastana,
59/1, Hutchins Road,
3rd Cross, Cooke Town
Ph: 9980205803, Mrs. Nirmala Bala

LIGHT CHANNELLING IN SCHOOLS

Schools participated : 5758

Students channelled Light : 29.65 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

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



Online Light Channelling session was conducted on 1st February 2022 for class 7 students of N. M. V. Girls School, Pune. 39 students participated in the session. This technique is useful for increasing self-confidence, concentration and patience.

- Mrs. Nita Madane, Teacher,
N. M. V. Girls School, Pune

Light Channelling session was conducted offline in the school for class 9 students of N. M. V. Girls School, Pune. The background was explained to the girls and all of them listened attentively. After the session they said that they were feeling very different and peaceful.

- Ms. Smita Kanade, Teacher,
N. M. V. Girls School, Pune

The experience of channelling Light is beautiful, simply beyond words. I feel relaxed and joyful. I could channel Light and allow it to do magic on me. Now I am more empathetic of others and I am able to accept others and myself despite the imperfections. The experience is inexplicable. Thank you for making this unique technique available to masses.

- Archana Kannan, A Light Channel

The Light Channelling sessions give me peace of mind. They give me a good feeling that I am able to do something for the community without exerting much, actually from the sofa itself!

- Ravichandran M, A Light Channel

I am happy that I am free from any thought for at least those ten minutes when I channel Light. I get rest for both my mind and body during that time.

- Charumathi R, A Light Channel

The experience of channelling the Light is a good one. Whenever I channel, I feel calmness in the mind and sometimes I feel sleepy also. Wandering of mind during Light Channelling is reducing slowly.

- Vijaya Sriram, A Light Channel

After I started channelling Light, it draws me to practise it in the morning and night regularly. I channel Light while travelling to work on the bus also.

- Soundarrajan, A Light Channel

I absolutely love the experience of Light while channelling. I have been on the Spiritual Path for as long as I can remember, and have been a seeker all along. I am not very new to 'channelling' but I have never channelled Light previously. I am used to channelling "maitri" which means we send good wishes, blessings, peace and harmony to one and all after Meditation, which culminates into very powerful positive energy. I participated in Light Channelling on World Channels Day, and loved every moment of it. Since then, I have been channelling Light. What drew me most was that the source is directly from the Light Masters. I am falling short of words to explain the feeling but when I channel Light, it is an amalgamation of inclusiveness, good wishes and Light. It is a free flow which is unstoppable. Thank you for introducing me to this beautiful process!

- Lakshmi Vishwanath,
A Light Channel

I channel Light everyday. When I channel Light I go to another world. When I come back, my mind is free of all negative things. Now my whole attitude has changed and I am always very happy.

- Kareem, A Light Channel