



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 from our own places, when we wake up or go to bed .

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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Nov-Dec 2020

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks delivered on 6th April 2003)

Sometimes we say, "I am like this, I cannot change. I know I am wrong, but I cannot help it." I have come across many such expressions. The point is, if we make up our mind, we can always change. I agree with this part that it is not easy, but if we make efforts and continue to make efforts, it is possible. This is the secret of Sadhana. It is not merely meditating once, not merely making effort once; it is continuing it. In spite of failures we should not give up. This is Sadhana. We can change, we can change our lives, we can change our destinies. All of us would have experienced that there is another person within us, who will always say, "Do this. Do not do that." If you want to meditate, he will say, "Later." This person would always somehow take us away, take us away from this Path of Spirituality. Who is this person? It is not as if there is some stranger in there, this personality is our own ego. Once we recognize this, it is easy for us to start ignoring him - this negative ego.

HAPPENINGS

Jayant Deshpande

Recently a cultural group in Mumbai, recognized the efforts of one of our Volunteers, by giving her an award. Our Volunteer did not wish to accept the award as she felt that she alone did not deserve it. But she accepted the request from her friends, as she did not want to hurt them. She dedicated the award to Guruji and the entire team of Light Channelling. Guruji has ingrained such humility in every individual involved in this work.

It was nice of this cultural group to recognize our efforts. It was as if the Universe, the Light, was acknowledging the efforts of not just one individual, but the entire team. Guruji Krishnananda used to say, "The Light has a million channels." It can communicate, encourage and shower Its Grace through any one or more of Its channels.

LIGHT WORKS

Manoj Chopra

Guruji Krishnananda was a true Spiritual Master. He has brought down enormous knowledge and Spiritual wisdom through his books and speeches. His teachings are most relevant in this present scenario. We miss his physical presence much more than ever. We are observing his 9th Maha samadhi day on November 23rd and seek his continuous guidance.

Recently, we had a couple of requests from school authorities for online Light Channelling sessions. Our Volunteers accepted the opportunity and conducted sessions successfully. This effort from our Volunteers enriched the children's experience in learning. The sessions were always filled with Love and joy. They found that the children were more receptive and asked several questions and shared beautiful experiences. We wish to have more opportunities for spreading Light.

MANASA FOUNDATION ®



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Phone: 9900075280 (10 AM to 5 PM) e-mail: info@lightagemasters.com
Website: www.lightagemasters.com, www.lightchannels.com

REGULAR CHANNELING CENTRES

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

In compliance with the Government Directive, to cancel all public gatherings to stop the pandemic, the Light Channelling Sessions in all our centres stand cancelled until further notice.

Bangalore

Everyday (7 PM to 7.15 PM)

Sri Sidashrama, 17th cross
Malleshwarm.

Contact No.: 9480121545
Mr K Chandraseker

Mondays (6.30 PM to 7.00 PM)

Anjaneya Temple,
Mahalakshmi Layout

Contact No.: 9972111809
Mrs. Anjali Patil.K

Wednesdays (6.30 PM to 7.00 PM)

Maruti Mandira, Vijaynagar
Contact No.: 9972111809
Mrs. Anjali Patil.K

Fridays (6.30 PM to 7 PM).

39, First Floor, 6th Cross
LIC Colony, 3rd Block
East Jayanagar
Contact No.: 7022621407
Mr. Ramesh V Bosekar

Fridays (12 Noon)

Siddhi Vinayaka Devastana, 59/1, Hutchins Road, 3rd Cross,
Cooke Town, Contact No.: 9980205803
Mrs. Nirmala Bala

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



Students of Madurai Agricultural University from various states of India participated in an online Light Channelling session and channelled Light on October 9, 2020

QUOTES FROM THE LIGHT MASTERS

- Whenever there is pain and suffering in any part of the world, it touches us. We cannot help it. We have to absorb it and clear it in our own way. And if possible, by Meditations we can add the vibrations of Love and Peace to the world. That is why, any number of hours of Meditations are not enough.
- Meditation makes us humble. Humility is the indication of our Spiritual progress.
- We have to be kind. Not only to ourselves, but also towards others. Kindness is an act of Love.
- We have to be sincere. There should be absolutely no duplicity. We have to be very sincere in Sadhana. We have to be very sincere in whatever we speak, emot or act.
- When we respect the other soul, we respect God Himself. If we insult the other man, it is like insulting God Himself.
- Nature always emanates the vibrations of Love and Peace. When we just spend time in Nature, without our effort, we will experience Peace; we will get over our depressed state of mind.
- When we start meditating, we can see the effects, the influence, even in our surroundings. When someone enters our place of Meditation, even they will experience Peace there, it's not just us. Anyone who enters our room, anyone who comes near us will feel this strange Peace and calmness.

- Guruji Krishnananda

LIGHT CHANNELLING IN SCHOOLS

Schools participated	: 5835
Students channelled Light	: 29.87 lakhs

AN APPEAL

With special prayers to the Universe to help the humanity sail through these challenging times, please join us daily from your own places by channelling Light from
12 noon to 12.30 pm.

The Love of Light

Apoorva Deshpande

When we truly yearn for something, when we are truly dedicated towards achieving something, Light helps us in all possible ways.

Recently somebody close to me was unwell. At first, I could not come to terms with it. In these uncertain times of the pandemic, I thought of the worst. I felt acute pain, anger and a feeling of helplessness. I did what I knew best during those moments of suspense, I threw a tantrum like a 3 year old! I wailed, flailing my arms as I cried endless tears at how things were playing out. It hurt to see the person close to me in pain and unfortunately, I could do nothing. Everything around me seemed to sadden me and add to my gloom. A bunch of keys not kept in their right place was enough to push me off the edge and make me cry bitter tears.

After I had exhausted my eyes and run out of any more tears to cry, I prayed to Light. I spoke to It unabashedly, fears, et al. I apologised to It for my childish behaviour. I fervently requested Light to help the person who was unwell. I fell asleep praying to Light in the hopes that somehow the person will feel better the next day.

On another occasion, there was a misunderstanding between two friends. They never addressed the issue and just like that many years went by. They would meet in their group, but there would be a slight frostiness between the two individuals. One day, one of the friends could not take the frostiness any longer and wanted to do something about it. He knew that talking about it would not necessarily achieve much. He then decided to link up to his friend and send Love and Light to him. He apologised to his friend for doing or saying things that may have hurt him. He prayed to Light saying he missed his friend and he wanted nothing more than his friend to understand him and forgive him for hurting him unintentionally. The person continued sending Love and Light to his hurt friend for a few days.

After a few weeks, the group of friends met again. This time around, the hurt friend was back to being his own self with the person who sent Light to him. Years of frostiness just melted away on that bright sunny afternoon and things went back to being just as fun as they were between the two. Similarly, the person who was sick, felt better when he was sent Love and Light and surprisingly all his reports came back normal.

From my limited understanding, I feel when we send Light to another person, the Light works on both people, the sender and the receiver. Sometimes while sending Light, the sender may come to realise things that he may not have earlier even thought of.

It has been years since our Guru introduced Light to us, we read all the amazing experiences of young and old alike, by now one would think, the miracles of Light would have stopped leaving us dumbfounded, but such is not the case. When the intent is pure and comes from a place of Love, worship or dedication, Light always finds a way to help and just like that the Love of Light continues to leave us dumbfounded every single time and will continue to do so for years to come!

REGULAR CHANNELLING CENTRES

Please join us in channelling of Light at one of our Regular Light Channelling Centres once a week and help us in spreading and strengthening the vibrations of Peace and Love. 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.

Solapur

**Mondays and Thursdays
(7 PM to 7.15 PM)**

Bal Ganesh Mandir
Bushar Peth, Mohol
Contact No: 9860967066
Mr. Vivekananda Swami
9970800279
Mrs. Swaroopa Swami

Chennai

Sundays (10.00 AM to 10.30 AM)

481, SAIPREM, 19th street
4th sector, K K Nagar.
Contact no.: 94448 80409
Ms. Rajalakshmi R

Pune

Sundays (7.00 PM to 7.30 PM)

3 – B, Kapila Housing Society
Gokhalenagar
Contact No.: 9011038169
Mr. Ashutosh Navangul

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 of the book was brought out. Both the volumes of the book can be freely downloaded from our website www.lightchannels.com

EXPERIENCES

Compiled by Vaishali Joshi

I experienced the Love and Peace of Light as It spread through my body during channelling.

- Manoj L, Std. VIII, Sri Sai Public School, Bangalore

It was a good experience and the Divine white Light made me feel very happy and relaxed. I loved it and felt assured that this world would be filled with Peace and Love. And I too want to be a good member of this society.

- Sneha, Std. VIII, Sri Sai Public School, Bangalore

After channelling Light, I felt so peaceful. From that day my thinking has become positive. Praying to Light gives me the strength to solve my problems and makes me feel relaxed. When I am spreading Light, I am spreading Love, affection, positive thinking and respect to the whole world.

- Rakshitha S., Std. IX, Sri Sai Public School, Bangalore

We are practising Light Channelling every day in our school before the commencement of classes and especially on Fridays, early in the morning, as we have classes early. Nowadays, we teachers have started practising Light Channelling at least for 10 minutes in the morning everyday. With this we feel fresh and peaceful

during our working hours and this has also improved our memory power. I myself feel free from all tensions. All of us feel very active throughout the day.

- Head Mistress, Govt. Urdu Higher Primary School, Dommasandra, Anekal Taluk

Light Channelling helps me to concentrate more, remove negative thoughts and have peace of mind, be relaxed and tension free. When I channel Light, I feel that the world is pollution free and covered with green. When I channel Light before doing homework, my mind feels relaxed and I can complete it easily.

- Shwetha O, Std. IX, Sri Sai Public School, Bangalore

While practising Light Channelling, my body is filled with Light and without my knowledge I wish for the welfare of the whole world. I taught this technique to my mother, and now she is also doing it regularly and has also taught all her colleagues in her school. Once, while solving Quiz on 'Einstein's Brain Teaser', I was unable to get the right answer. When I tried it again after channelling, I solved the Quiz. I am happy for the help that I get from the Light.

- Amog, Student, Sai Mandir Yoga Class, Bangalore

APPEAL TO SCHOOLS

Please help in strengthening Light Channels World Movement by Channelling Light for 3 to 7 minutes at the beginning of your online classes.

