

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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A MESSAGE

Guruji Krishnananda

(Excerpts from his talks delivered on 10th Nov 2002)

People wonder sometimes about how they can see the Divinity in others. We speak of this often. We say, "We have to see the Divinity in others." Sometimes people say, "It is difficult, how can I do it?" I say, "It is very easy." We haven't perhaps understood it or perhaps we haven't made proper efforts to do this. We have to first understand a simple but a great truth that everyone is a soul. I am a soul, I am Divine. Everyone else is also a soul. The others are also Divine. And as a technique I can suggest: We can see others as Light, not the bodies. When we try to see the others as individuals, most of the times we will be seeing their negative part. There will be imperfections in others, we will be trying to see these things and try to form our own prejudices and try to look at them not as Divine beings, but as just human beings.

HAPPENINGS

Jayant Deshpande

Going through the experiences of students and teachers is a very elevating experience. When a student says that his comprehension has improved after practising Light Channelling, it gives us immense joy. We feel moved when a student says that his persistent headache has vanished after practising Light Channelling.

Although we are aware that we are just an excuse, it gives us great satisfaction that we, in some small way, are involved in the process of making the students aware of the presence of Light around us.

We hope the whole world becomes aware of this benevolent Presence and we enter the New Age soon.

LIGHT WORKS

Manoj Chopra

It's heartening to note that several schools are coming forward to conduct an online Light Channelling session, despite several challenges. Recently, a school coordinator shared her view with our Volunteer. She told us that it's important to conduct Meditation because most of us need it in this present situation. She mentioned that students returning after the Pandemic are not fully alright. They are facing a mental health issue. I feel this Meditation will ease them to feel normal.

I thank our Volunteers who are taking initiative and conducting sessions despite their busy schedules in their personal Life. Their commitment is helping us to continue this great work. We pray to Light to normalize the situation so that we can meet school authorities and children physically very soon.



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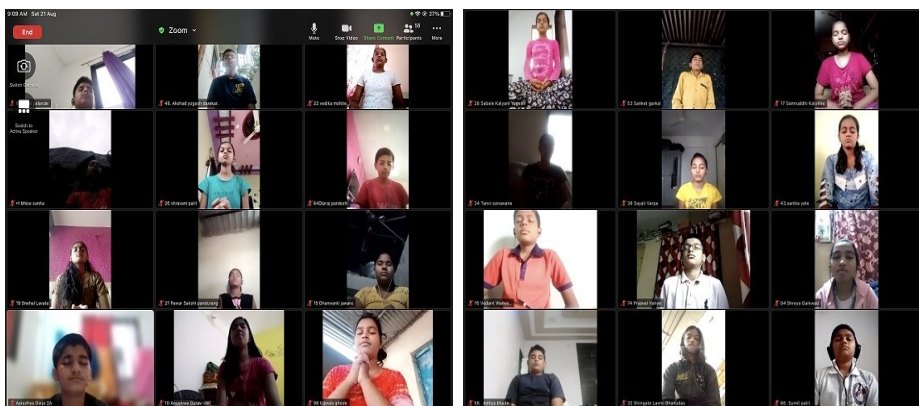
QUOTES FROM THE LIGHT MASTERS

- Light Channelling is not a simple activity. It is a great life-changing, destiny-creating activity.
- The purpose of channelling the Light is to heal; heal any wounds inflicted by violence and hatred, to heal the individual, to heal the nation, to heal the world. We channel Light to bring Peace, to bring New Energies for the New Age, for resurrection, for transformation and for saving the planet from man-made catastrophes.
- Light provides wisdom and courage. Light also awakens. When we awaken we have to reject all that is not right, all that is corrupt. We have to reject the dark.
- In our childhood, we manifest the Divine as innocence. In our teenage, it is manifested as adventure. In our adulthood, it is the strength. In our old age, it is the wisdom. In all the stages, we manifest the Divine as Love; all the time. Manifesting all these is Spiritual.
- If we know our faults, if we know our wrongs, we can just re-organise our Life, we can re-organise our emotions and thoughts. This is how we make progress. Spiritual progress does not occur just like that, it occurs after struggles, failures, etc.
- Only when the words are matched by actions, then we can say that the person is really Spiritual.
- When we respect the other soul, we respect God Himself. If we insult the other man, it is like insulting God Himself.
- Respect is not just a physical gesture. When we respect others, we have to respect their feelings also. We have to respect their opinions also. We have to respect the other person's ways of living also.
- Getting angry is human, but it should not persist for a long time, that is the most important thing. It should die like a wave, within a fraction of a minute. We have to be careful, not to allow any of the negativity to persist.

- Gururji Krishnananda



Students of The Association of People with Disability (APD) Industrial Training Centre, Bangalore, channelled Light on 18th August 2021



Students of R G Palande Madhyamik Ashram Shala, Mukhai, Near Pune, participated in an online session and channelled Light on 21st August 2021



Students of St. Meera High School, Kaveripura, Bangalore channelled Light on 1st February 2021

EXCERPTS FROM SHRI. JAYANT DESHPANDE'S TALK

15-08-2021

Today we are celebrating our Independence Day here in India. On behalf of Manasa Family, I wish each one of you a very happy Independence Day. While channelling Light today, let us fill up our country and the whole world with Light. This will be the best way to offer our respect and tribute to the Masters who worked hard and made great sacrifices to give us Freedom. They made sacrifices so that there is Peace and Love here in this country.

When there is Peace here, there will be Peace in the world. It is true vice versa also.

Our Guru, Guruji Krishnananda used to say that this world is like an organism. If there is pain in some part of the world, if there is disturbance in any part of the world, it affects the whole world. We are all connected. Similarly, when we establish Peace in one part of the world, we will be adding to the Peace in the entire world.

It is not that only vibrations of violence affect the world, the vibrations of Peace also - in any part of the world - will have their positive impact on the entire world. There has to be a beginning somewhere. That beginning can be from us; from us as individuals. When we establish Peace within, we begin to positively impact people around us.

How do we establish Peace within?

We have to work for it of course. Light Channelling helps us establish Peace within. Then we become the channels of Peace for the world.

You may think that I am exaggerating. It is not so. Nobody will recognize us or give us a certificate for doing this, but the Universe notices and appreciates and helps. The Universe also rewards – unannounced of course, without declaring the reward. It rewards silently. We have to notice the rewards and be grateful.

I have seen that the Light has helped people miraculously. People who practise this sincerely, are benefitted immensely. It has helped them improve their health for example. Light contains healing energies. The Light contains wisdom, the highest wisdom. We will have access to that wisdom. We may not know this consciously but unconsciously we will follow the guidance received from this wisdom.

Following this wisdom from Light, will help us manifest Love. We begin to be more positive. When we begin to think positively, emotive and act positively, then it helps us in so many ways. Our health improves. Our responses to the world become positive naturally. Guruji Krishnananda used to say that what we send out to the Universe, we receive back in multiples. If we send out Love, Peace, we naturally receive Love in abundance.

What do we mean by sending out to the Universe?

When we interact with people around us with Love, we will be sending out Love to the Universe. The Universe is people around us, the nature around us.

Light Channelling helps.

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.

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

FEEDBACK FROM SCHOOLS AND EXPERIENCES

Compiled by Vaishali Joshi

Light Channelling surely is a very very useful technique. Through this the young and tender minds of students remain fresh; it helps improve their memory and concentration. We would like to make them practise this during their examination for relaxation.

- Principal, Salma Matric Hr. Sec. School, Udangudi, Thoothukudi Dist

We are thankful to you for coming to our school and teaching Light Channelling to the students from class seven to ten. It helps them improve their memory and health and brings peace.

- Sadhana Sunil Parab, Headmistress, Gandhi Balmandir High School, Mumbai

The Light Channelling programme is very amazing. It helps the students to develop concentration and mental balance, and to achieve progress. It is also very helpful to the staff members.

The Management, Staff and Students of our school express our sincere thanks and gratitude to Manasa Foundation. We wish that this Movement continues to grow for the good of our nation and the whole Universe.

- C. V. Rajalakshmi, Head Mistress, K.V.V. High School, Bangalore

Before the Light Channelling session, my mind was full of worries and was very heavy. After the session, I felt light and my mind was at ease.

- Sandeep, Industrial Training Student, The Association of People with Disability (APD), Bangalore

When I was channelling Light, I saw white Light. My mind was filled with joy.

- Ranjana, APD, Bangalore

I had severe headache this morning as if someone was hammering on my head. But after the Light Channelling session, the headache vanished! I am happy. I intend to do it every day.

- Srinivas, APD, Bangalore

It was very good. There was peace of mind.

- Poobalan, APD, Bangalore

After the Light Channelling session, I felt relaxed. There was no tension at all. My mind was at ease.

- Navaneetha Krishnan, APD, Bangalore

The students who are returning after the pandemic are not feeling alright. I think that this technique may make them feel at ease and help them to feel normal.

- Shailaja, Coordinator, APD, Bangalore

ONLINE GUIDED LIGHT CHANNELLING SESSIONS

We are very happy to inform you that we are conducting guided Light Channelling sessions at Manasa Foundation, Taponagara, Bangalore. These sessions are conducted once a month, on every 3rd Sunday at 11 am and will be webcast live on https://lightagemasters.com/lc_live. We request you all to participate in these sessions.