

**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 18<sup>th</sup> 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 15, Issue 1**

**Bi-Monthly Newsletter**

**January-February 2025**

## **A MESSAGE**

**Guruji Krishnananda**

(Excerpts from his talks delivered on September 2, 2012)

*How do we motivate ourselves to grow spiritually?*

If we have a strong intent, it will motivate us. We don't need any external help. Highs and lows in Spiritual Life are natural and normal.

When you are feeling low, try to expand your Awareness; experience the sky and try to become the sky. You may think that it is not possible, but it is possible. You have not tried it. The sky has so much to give us. It will keep us motivated and inspired for lifetimes.

If you want to motivate yourself, internalise. Ask yourself whether you have made any progress. If you have made progress, be very happy and thank the Universe and the Rishis. If something is preventing you from expanding, try to understand what is causing it. You will be able to locate it and get over it.

Read a good book, even a good novel. Listen to music; it can take you to God. Spend some time in nature. Sit under a tree and talk to the tree.

There are many ways of motivating ourselves but we have to make efforts. Taking up Meditation does not automatically bring changes in us. Unless we make efforts, we will never change.

## **HAPPENINGS**

**Jayant Deshpande**

We will be celebrating the 15<sup>th</sup> World Channels Day on January 31, 2025. This is another opportunity for us to bring down more Light; to spread the vibrations of Peace and Love. We expect lakhs of school children and thousands in different parts of the world to participate in this great event.

Please join our efforts to fill up this world with Light, by channelling Light for a minimum period of seven minutes from your own place.

## **LIGHT WORKS**

**Manoj Chopra**

Recently, one of the school principals commented, "The Silence observed during the Light Channelling session was mesmerising!" It is a wonderful observation. Several School Authorities have similar feedback. They told our Volunteers that they had never experienced such silence and stillness in their schools. The silence and stillness felt during the session is the presence of 'Light', which cannot be seen but only experienced.

It is wonderful to note that children and teachers easily experience Light. Light knows how to spread. It is spreading Its message of Love, Peace, and non-violence through these wonderful souls.

## **MANASA FOUNDATION (R)**



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### QUOTES FROM THE LIGHT MASTERS

- Spiritual experiences like experiencing the Light, experiencing Samadhi, experiencing expansion and experiencing the eternity, bring us a lot of energies. Even visions and other psychic experiences bring us energies.
- Just think of God. Send your Love. Enjoy that relation of Love. Don't ask for anything. You will get whatever you need, whatever you deserve at that time.
- Whenever the New Age energies are released, plants, animals and nature accept them easily without resisting. It is only the human beings who do not accept them.
- God will never punish us, but He has created a Universal justice system that punishes us. A wrong act attracts Karmas but if one commits a very serious mistake, one is punished.
- We punish ourselves by our own thoughts, emotions and deeds. We attract the effects, good or bad.
- God created the Universe and the Divine Laws, which if we violate, we attract Karmas and punishments.
- There are endless opportunities to work for God in this Creation. If we carry Love always, in every situation, we will be living in God.
- As time passes, people will begin using Light everywhere for everything. We begin living on Light; we become Light.
- Empty yourself of anger and jealousy. Carry Light and there will be no negative thoughts.
- Meditation takes us to the ocean of stillness. Only when we enter this stillness, our Awareness can expand. Only when we expand, we can experience the vastness, the states of Samadhi, the ocean of Consciousness, the ocean of Light and God.
- Generally, Meditations are dull because of a lack of Love. Spiritual processes always involve Love. You must Love Meditations. If you practise Meditation mechanically, you may have some results but it will not be completely satisfying.

- Guruji Krishnananda



Students of one of the schools in Ramanagara, Karnataka, channelled Light on December 7, 2024



A Light Channelling session was conducted at one of the schools in Jayanagar, Bangalore, on November 9, 2024



A Light Channelling session was conducted at one of the schools in Mathikere, Bangalore, on December 7, 2024



## DREAM FOR A BETTER WORLD

Manoj Chopra

Harriet Tubman has stated beautifully: **“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars, to change the world.”**

Guruji Krishnananda once told us that ‘God must be a dreamer!’ That is why He created earths, stars, galaxies, oceans, rivers, birds, flowers, and sky. This creation is also His dream. We are also dreamers because we are part of Him. We are capable of dreaming big and beautiful dreams. Dreaming is our natural ability. We have to dream for ourselves and for the entire world. Many of our dreams remain dreams because we do not trust our abilities. I feel we have to visualize our dreams and work for them. We should dare to pursue our dreams and never give up our efforts.

Great Masters like Swami Vivekananda, Maharshi Amara, and Guruji Krishnananda always had bigger and Universal dreams. Their dreams were for the entire humanity. They dreamt of establishing Love and Peace in the world. Individual dreams are easier to achieve, but universal dreams are difficult to achieve because all of humanity has to be awakened. Their *Sankalpa* is enough to achieve their dreams, but they wait patiently for the whole of humanity to align with their dreams. They work tirelessly in the background along with lakhs of Light workers around the world. Sometimes, they have to take several births to complete their task. Their efforts and sacrifices remain unknown to the world.

Manasa Foundation is a Spiritual organization, working towards the dream of the Masters; working for New Age. We, the Volunteers of Manasa Foundation are continuing the Light Channelling World Movement after the passing of our Guruji. We trust in Light completely and believe Light is our hope and our future. Our Light Channelling Volunteers teach Light Channelling to children in schools, and adults are taught through online sessions. To fulfill the dream of our Masters, we celebrate World Channels Day every year. This year, we are celebrating the 15th World Channels Day on 31<sup>st</sup> January, 2025. Every World Channels Day is a step towards a dream of a better world. We sincerely hope this World Channels Day brings smiles and hope to millions.

When we join the dream of great Masters, our dreams evolve in their dream. The universe takes care of our dreams. Our needs are being taken care of by the Higher Intelligence, and our lives will be blessed with abundance.

We request everyone to join our dream and channel Light on World Channels Day. ■

## 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.

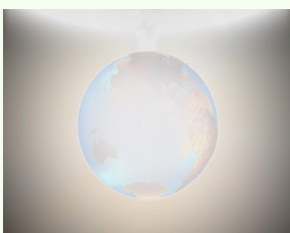
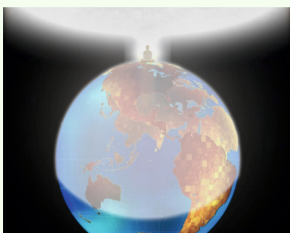
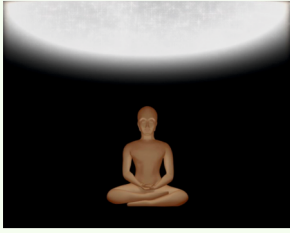
## LIGHT CHANNELLING IN SCHOOLS

Schools participated	: 6175
Students channelled Light	: 30.98 lakhs
Schools channelling Light regularly	: 508
Children channelling Light regularly	: 2.21 lakhs

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](http://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](mailto: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](http://www.lightchannels.com)



## WORLD CHANNELS DAY

31 January 2025

Respected School Authorities,

Kindly conduct a Light Channelling session in your school by following the steps mentioned below during the morning assembly or at any convenient time during the day.

### 1. Introduce Briefly:

Manasa Foundation is celebrating 15<sup>th</sup> World Channels Day today . This day is dedicated to spreading Love and Peace on our Mother Earth. Let us have a strong intent to have Peace on our Earth. Also, be aware that more than 5 lakh children across India are channelling Light with you today.

### 2. Practise the 'Light Channelling Technique' for a minimum of 3 minutes:

- \* Close your eyes and relax.
- \* Imagine an ocean of Light above you.
- \* Imagine the Light descending and filling up your body.
- \* Then, experience the Love and Peace of the Light for a minute.
- \* Then, imagine the Light spreading around gradually to your home, locality, country and the whole world.
- \* Thank the Light and open your eyes slowly.

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You may also join us from your places for a live session of Light Channelling which will be held at Manasa Foundation, Taponagara, Bangalore. It will be webcast live on [www.lightagemasters.com](http://www.lightagemasters.com). The live sessions will be conducted as follows:

In English : 8 to 8.30 AM, 12 to 12.30 PM and 9 to 9.30 PM

In Kannada : 11 to 11.30 AM

In Marathi : 7 to 7.30 PM

In Hindi : 8 to 8.30 PM

**Thank you.**