



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

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A MESSAGE

Guruji Krishnananda

(Excerpts from his talk delivered on August 14, 2011)

What is Mukti?

Mukti begins with the realisation that we are souls; we are particles of the Great Light, which is God Himself. Mukti is the realisation that we are free always.

For various reasons, we are stuck here. Attaining freedom from all types of bondage is Mukti.

Mukti is freedom from ignorance, freedom from all questions and doubts, freedom from emotions and thoughts. We can attain Mukti without going back to the Source. When we attain freedom from our own negativities, we can say we have achieved Mukti to a certain degree.

The final stage of Mukti is going back to our source. Many Masters have attained Mukti but have stayed back to work for the Creation.

HAPPENINGS

Jayant Deshpande

The struggle to manifest Light through our living is part of our journey towards Peace and perfection. Becoming aware of the presence of Light in and around us, and of our potential to manifest It through our living is an important part of this journey. Spreading this awareness is an important part of our work. It is done silently, without any intent of imposing.

The work for this Movement has to follow the ways of Light, only then it can lead humanity towards the age of Light. If it takes time, so be it. Imposing something, because it is good, is not the way of Light. Freedom at all levels, is the way.

LIGHT WORKS

Manoj Chopra

Every year, a new batch of students from a nearby engineering college visits Taponagara. Their purpose is to discover how Meditation can help them lead a purposeful and balanced Life. Keeping the needs of young minds in focus, our Volunteers conduct Light Channelling sessions to guide them in understanding how a simple technique can reduce stress, enhance interpersonal relationships, and equip them to face life's challenges with clarity and confidence.

It is always a joy to interact with vibrant young minds and gain insight into their challenges and aspirations. It is heartening to see that the college authorities have started recognising the importance of Meditation. I am confident that regular practice will bring positive changes not only in the lives of students but also in their surroundings.

MANASA FOUNDATION (R)



Taponagara, Chikkagubbi (Off Hennur - Bagalur Road), Bangalore Urban - 560077, INDIA.

Phone: 99000 75280 (10 AM to 5 PM)

e-mail: info@lightagemasters.com

website: www.lightagemasters.com, www.lightchannels.com

QUOTES FROM THE LIGHT MASTERS

- Karmas come to give us experiences as consequences of our own actions. They don't come to teach us, but we can learn a lot from them. It is up to us whether we learn from them or not.
- A mystic is a person who is not limited by his intellect, who believes that there are truths beyond logic. A mystic pursues truth in higher, unknown realms. What he experiences there, he manifests here in this world.
- Light expresses Itself as Love, Peace, Truth, as higher Awareness, Joy, dreams, ambitions, passion for adventure, inspiration to share, intolerance towards falsehood, corruption, violence, aggression, and in many other ways.
- If we decide to transform, nothing comes in the way. Sometimes, Karmas disturb, hinder or discourage our Sadhana if we are weak. If we realise that Karmas are preventing us from Meditation, we can just brush them aside. If we really want to transform, no power in this Creation will come in the way. Even Karmas help.
- We all go through phases of feeling very low, depressed, tense, etc. The most simple, effective and natural thing to do is to experience Light. If you can't experience Light, just think of Light. You will come out of any depression or low feelings.
- When you assess yourself, do not condemn yourself. Let us accept the stage we are in, and let us try to go beyond it. We are souls, and we all have the same potential. No one is superior or inferior.
- During a new moon or a full moon, we receive a lot of special energies from the moon that impact our minds. Emotionally, we will be on a high, not disturbed.
- Spiritual energies never disturb us or cause accidents. The energies that are released during the eclipse are pure, special and Spiritual.
- When we have great Love, we are with God and we have achieved our Spiritual Goal, which is God always. Experiencing the Light will help us reach our Spiritual Goal in the quickest possible way

- Guruji Krishnananda



Members of Unnati, NSDC Centre, Bangalore, participated in a Light Channelling session on September 20, 2025



A new batch of students of Vijaya Vittala Institute of Technology, Bangalore participated in a Light Channelling session on September 24, 2025



Managers of Cooperative Credit Societies from Sangamner, Maharashtra, participated in a Light Channelling session on October 8, 2025

Excerpts from Shri. Jayant Deshpande's Talk 17th August 2025

Light Channelling is very important. Through this practice, we are participating in the process of bringing the New Age, preparing this earth to enter the New Age. We can be very proud that we are involved in this great work. Our contribution may not be much, but it is extremely important. The real work is done by the Light Masters, but they need our participation. They need channels at the human level. The destiny is not definite. It has to be created. It has to be built up. We are involved in this destiny creating process. That's why our participation is very important.

How do we know that this practice of channelling Light is really helping us? When we say that we are trying to prepare this earth to enter the New Age, we mean mainly preparing the human beings for this. Nature is already ready to enter the New Age. Everything else is ready. It is the human beings who are not yet ready. So, how do we know that our efforts are bringing results? At the individual level, we can feel it. When we receive Light, we directly get help and benefits. People say, "I have pain, and I direct this Light to the part that is paining, and almost instantly I get relief." One person said that she taught Light Channelling to a 12-year-old girl. This girl was busy throughout the day with her studies, and she felt a kind of heaviness. Then she practised Light Channelling for the first time, only for 7 minutes. Just with 7 minutes of practice, she felt refreshed, as if she was just starting her activities that day.

So, we can experience such benefits ourselves. Then at the level of the institutes, the school authorities tell us that the performance of the school has improved. They say that the passing percentage has improved or the average percentage scored by the students has improved. It is possible to quantify these impacts of the practice of Light Channelling.

When it is helping us at the individual level and if it is helping the institutes, then it must be helping the world. We can get an idea of this fact by observing Life around us.

How do we measure the Spiritual level of the collective human consciousness? It is very difficult to quantify. We can only get an idea by looking at Life around us. When we look at Life around us, we observe both good and bad. But the bad is naturally highlighted more. It is in the news always. And we think that it is only bad that is happening. But if we introspect, we will know that it is not the truth. So many good things are happening, which are not highlighted, of course. Good things are just taken for granted.

Our contribution is very important. So, let us go on receiving and spreading this beautiful Light.■

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

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| 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



I am working as a Professor in Shri Amogsiddha Prashala and Junior College, Korawali Village, Solapur. I have been practising Light Channelling since last year. In the nearly 22 years of my service, I have been very unhappy and stressed. I could not find a way to get out of this situation. Last year, a gentleman came to our school and gave us all proper information about how to channel Light, explained its benefits and made us channel Light for 7 minutes. And we are practising it regularly since then. Today, I am very happy to tell you that from the time I started channelling Light last year, I have been free from stress, and my mind is happy and cheerful. I do not experience any kind of tension, and it has had a different effect on my Life. I teach Science, and last year almost all my students scored A+ grades. Earlier, I used to be very scared, tense and depressed. I could not find a way to live happily. Light Channelling has brought about a very big change in me. I am very grateful to Mr. Nikhil Gandhi, the institution for which he is working, and the entire staff there. I pray to God that your work of enlightening people, removing fear from people and spreading happiness continues through you.

- Chandrakant Dhotre, A Light Channel

A 7th standard student, Rachana, from Preeti English School, Bangalore, shared her experience. She said that she practises Light Channelling every day. It makes her very peaceful. Whenever she has any negative thoughts, she channels Light. It brings positive energies. The Headmistress, Smt. Jayashree mentioned that she practises Light Channelling every day, especially whenever she has to make a decision.

- Sudha Suresh Babu, Volunteer

Mrs. Jagadamba, a Teacher in Geetha School, T. Dasarahalli, shared that both she and her daughter, who is studying at Schoenstatt, practice Light Channelling regularly. When her sister visited their house for an eye operation, her blood sugar level was high. Both she and her daughter sent Light to her. Within a week, everything was normal, and her eye surgery went well. Further, the teacher also informed that Light Channelling is practiced regularly in their school on Saturdays and special occasions like the International Yoga Day.

- Chandrakala D, Volunteer

I am regularly attending the Light Channelling sessions at RLCC, Siddhi Vinayaka Temple, Cooke Town, Bangalore. Last week, I also joined the live third Sunday session from Manasa. It was a very nice experience. I felt relaxed. My entire house was filled with Light. I did not know how 30 minutes had passed.

- Vijaya Laxmi, A Light Channel

A friend's daughter, Deeksha who is a medical student, asked me to send the link for the live third Sunday Light Channelling session. After attending it, she said that it was very nice and it took 5 extra minutes for her to come out of it after the session finished.

- Nirmala Bala, Volunteer

The Light Channelling done during the morning assembly in our school draws highly positive response from the students. The students are increasingly finding the benefits day by day. After channelling, the students' minds are refreshed and we can observe the positivity amongst them. The silence observed in the assembly hall during this time is mesmerizing.

- Headmistress, New Don Bosco International Public School, Appagere, Channapatna