

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 May 5, 2002)

What is attachment?

Attachment involves a kind of possessiveness. There will be a kind of demand; we demand: "His attention belongs to me and me alone." There may be jealousy involved. We are so passionately possessed by objects, people, places and even ideas. That is attachment. We think that without this person or object, we cannot live at all. We miss them. There is so much pain involved in this business of attachment; so much suffering. It's not easy to give up the world. It's not easy to give up the attachments. It becomes easy if we can attach ourselves to God. Then the world simply vanishes. We have to experience it. No amount of explanation or any number of lectures can give us the idea of that state. When we detach from the world, nothing attracts us.

HAPPENINGS

Jayant Deshpande

The benefits of this powerful practice at the individual level can be experienced directly. Many experiences of the Light Channels confirm this fact. It has also been experienced at the level of the institutes, as confirmed by many schools. But how do we measure the impact at the global level? It is difficult to quantify. It is a fact though that when individuals change, the world, which is made up of individuals, also changes.

That is the goal of this Movement, to help raise the individual and collective human consciousness, to help the world enter the New Age.

LIGHT WORKS

Manoj Chopra

Teaching Light Channelling to children is always a deeply rewarding experience. From the very beginning, we have observed that children accept the Light almost instantly, thanks to their innate purity and sincerity. One remarkable insight is that most children experience a sense of peace and calmness from their very first session. Perhaps this is why the practice was initially introduced to them.

Light Channelling connects us to a vast ocean of Light—an infinite source of knowledge, wisdom, healing, and much more. It nurtures mental strength and inner confidence, empowering us to make the right decisions in Life. Let us build our lives with the support of this Light, through the simple yet powerful practice of Light Channelling.

MANASA FOUNDATION (R)



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QUOTES FROM THE LIGHT MASTERS

- Truth, honesty, goodness and Love are the Spiritual values. Spirituality is not about having powers and faculties. It is about having essential goodness. The Universe is waiting for us to return to our original goodness. This essential goodness within us will save the world.
- If you commit a mistake, act without Love or cause pain and suffering to others—then repent, say sorry to the universe, and do not repeat the mistake. When we are truly good and honest, we will come to know our mistakes.
- If you say sorry with one hundred percent sincerity and not repeat the mistake, the associated Karmas will be cleared. That is how the Grace of God works. This is a part of the laws of Karma.
- Abundance is not just having a lot of money and material wealth. It is the richness of the soul, the richness of the heart. Abundance is having Spiritual wealth. Having material abundance is not real abundance; it is the abundance of Light and Love that we manifest.
- When we channel Light, many processes occur. We automatically get healed. Light has intelligence. When the Light passes through us, the Light can make out if our system requires healing and It starts healing the system. This is the beauty in Spiritual Life. We must be aware of such Grace.
- Surrender begins with Love. Love brings trust. When we develop great Love towards God, the ways to surrender will be revealed to us automatically.
- During our routine Life, if we can be aware of the presence of Light around and within us, and lead a Life of humility guided by the great Light, we can say we have surrendered.
- Our Karmas affect us, not the world directly—but there will be an indirect impact. Our thoughts, emotions and our actions influenced by the Karma may impact the world.

- Guruji Krishnananda



Students of one of the schools in Chennai, participated in a Light Channelling session on July 18, 2025



Students of Ebenezer College, Bangalore, participated in a Light Channelling session in Taponagara on July 11, 2025



Students of one of the schools in Sangli, Maharashtra, participated in a Light Channelling session on August 13, 2025

Light – The Ultimate Destination

Rakhee Chopra

Light Channelling World Movement may appear to be a silent revolution, but its impact is profound and far-reaching. Light has touched each one of us in ways we may not fully recognize, especially in times when the world around us seems engulfed in despair, hopelessness and chaos. Humanity appears shaken, as if falling apart and yet, amidst all this, there is hope. It is said that after every dark night comes a beautiful sunrise. **With Light everything is possible.**

Every transitional period in human evolution is accompanied by turmoil. Just as the night grows darkest before the dawn, humanity too passes through phases of deep unrest before emerging into the brilliance of a New Age. Before we can embrace that radiant sunrise—that divine shift in consciousness—we are often shaken to our very core. It is through Light Channelling and Meditation that we will be able to navigate these dark and difficult times.

Light gently urges us to rise. It illuminates not just the world around us but also our inner world—revealing our fears, insecurities, limitations, and negative tendencies. It encourages us to release these old patterns and embrace transformation. Though it may feel at times as if Light is absent or ineffective, it is, in fact, working quietly, patiently and powerfully—shaping our thoughts, refining our emotions and guiding us to become better human beings.

When we carry Light within us consistently, it becomes our inner compass. It strengthens our resilience, sharpens our awareness, deepens our Love, teaches forgiveness, and brings wisdom and calmness into our lives.

In contrast, the media often focuses on fear, violence and despair—rarely highlighting the goodness, courage and selflessness that still exist in the world. Yet there are beautiful noble souls among us quietly working for humanity, without seeking recognition or reward. These are the silent warriors of Light. They are everywhere—ordinary individuals doing extraordinary work, transforming the world with grace and humility.

Children, in particular, are natural Light Channels. Their purity and openness allow them to receive and carry Light effortlessly. Light settles easily in such pure vessels, nurturing within them the qualities of compassion, truth and strength. These children grow into better human beings—sowing the seeds of a better nation and a better world.

Light offers us limitless opportunities for growth and inner transformation. Ultimately, Light is nothing but God—the eternal presence beyond all forms and identities. Beyond every emotion, there is Light. Beyond every thought, there is Light. Beyond every action, there is only Light. No matter which path we choose or where Life takes us, the destination remains the same. At the end of every road, there is only Light.

Light is the ultimate destination. ■

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

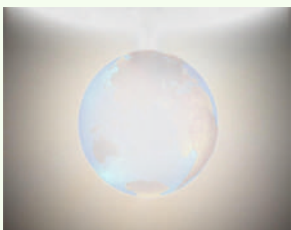
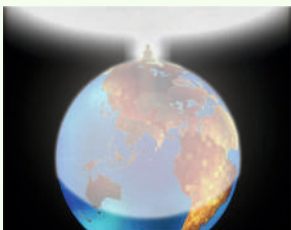
A Guided Live Online Light Channelling session will be conducted every third Sunday from 11.00 AM to 11.30 AM which will be open to everybody. It can be accessed through the following link: www.lightagemasters.com

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



Over the past year, I have been practising Light Channelling, both individually and in a group, and it has really been transformative for me. I have noticed some positive changes not just in myself, but in my family and the people I meet regularly, too.

These practices are helping me maintain a sense of tranquillity, fostering increased patience, tolerance, and kindness within me and towards others. What's incredible is that it only takes a mere 14 minutes a day to do it, but it enables me to open a floodgate to clearer thoughts, helping to filter my mind's chatter effectively.

I am forever grateful for being introduced to this practice. It is a great tool that keeps me focused on what really matters, while ensuring I remain mindful of everyone's interests. Light Channelling brightens my day and nothing has ever been more fulfilling.

-Leela E Kumar, A Light Channel

Practising Light Channelling calms my mind, brings clarity of thought and awakens empathy in me to embrace Mother Earth. It removes the fear about Life, as it is a guiding force that holds us always

-K Rajalakshmi, A Light Channel

While travelling on the train to Bangalore, I noticed that a co-passenger was unable to manage her 2-year-old child who was crying ever since they boarded. The futile efforts of the mother to pacify the child by banging her hands on the walls of the train, talking loudly to the kid etc., were disturbing. It was my time to channel Light, so I began channelling. I felt sad wondering what was bothering the child so much. While channelling, I prayed to the Light to make the baby comfortable, and by the time seven minutes had elapsed, there was no

sound of the baby. When I opened my eyes, the baby was sleeping comfortably!

-Nikhil Gandhi, Volunteer

I have been practising Light Channelling every day for a year now. The pain in my waist has reduced, and I am able to sleep well.

-Mrs. Pratima, Teacher, Kuvempu Memorial School, Bengaluru

A student of Class V from Vagdevi Vilas School, Whitefield, Bangalore shared her experience. She said, "My younger sibling annoys me a lot. She takes my stuff and breaks them. Sometimes, she even tears my projects apart. This causes me a lot of frustration and stress. Light Channelling has helped me overcome these feelings. Light Channelling is a good process and I recommend that you all try it."

-Kalpana Rajashekhar, Volunteer

With strong willpower and belief in Light Channelling, I went on a pilgrimage to Tamil Nadu on the 23rd of November 2024, with my husband and his friend. Before commencing the journey, all of us channelled Light for our safety as well as the taxi and its driver. I prayed for our safe return, too. Due to adverse weather conditions, we had to reschedule our tour several times and also had to cut it short due to a severe cyclone in the area. At Kanchipuram, I channelled Light again, praying for our safe return. There was no rain in Kavali, and we returned home safely. Looking back, I recall the Arunachalam and Srirangam temples and the temples at Pondicherry were flooded with water up to knee level. The Light Masters were a great support and ensured our safe travel. I am grateful to them for helping me always.

-Rekha Mittapalli, A Light Channel