

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

Volume 16, Issue 1

Bi-Monthly Newsletter

January - February 2026

A MESSAGE

Guruji Krishnananda

(Excerpts from his book Reflection, Vol. 3, June, 2008)

The time has arrived for a big global endeavour to establish Peace and Love on this earth. The leaders do not do it. They do not have the urge and vision. But we, the ordinary people, can do it. This endeavour is the greatest Movement ever built up. It is just bringing down the Light from the subtler realms and spreading around. The Light has everything. Peace, Love and Future. Anyone and everyone can participate in this great Movement. This is not a religious activity but a Spiritual Movement without boundaries. No sermons, no preachings, no banners, no fund-raising and no institutions. It is just a Great Wave of Light.

There are many beautiful people around us in the world. They will realise the importance of this Movement of Light without any persuasion or elaboration. Because the Intelligence that is prompting me to initiate this is also present in others, in everyone. Let us bring and spread more and more Light. Let us live in Light and Love.

HAPPENINGS

Jayant Deshpande

To strengthen our sincere and silent efforts towards establishing peace on this earth through Light Channelling, we are celebrating World Channels Day on 30th January 2026. Anyone can join these efforts just by channelling Light. We expect lakhs to join us on this day.

This is another unique opportunity available to us to progress towards individual and world peace. There are no prerequisites or conditions to participate. Just a sincere wish is enough.

Please join us live at www.lightagemasters.com to participate in any one or all of our guided sessions on World Channels Day.

LIGHT WORKS

Manoj Chopra

Guruji once said that there is so much pain all around us, and that the world needs greater Love and compassion. There are many ways of helping the world. At the physical level, we have limitations, but at the Spiritual level, we can do a lot by gathering and spreading energies to the world.

Light Channelling is one of the most powerful ways to help the world. The effects may not always be immediate, but there will always be an effect. And when more people channel Light together, the impact becomes even greater—wars can be postponed or even prevented.

In the pursuit of a better world, Manasa Foundation is making a sincere effort through the 16th World Channels Day on 30th January. We invite you to support our effort by joining us; by channelling Light for 3–7 minutes at any time during the day.

MANASA FOUNDATION (R)

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QUOTES FROM THE LIGHT MASTERS

- Light is the Divine Energy. It has its own Intelligence and Wisdom.
- Divine Light is the Creative Intelligence and the Source from which all Creation has come forth.
- Love, Peace and Compassion are a part of Divine Light.
- Light brings Peace, Love and Perfection to the Individual first, and to the world later.
- Light provides Wisdom and Courage. Light also awakens.
- Light brings miraculous changes within us, helps us in every way and transforms us into Universal beings.
- Light brings in abundance: Peace, Wellness and Success.
- Light transforms the world. It brings Peace and Prosperity. It brings the New Age.
- We have to choose Light and un-choose the darkness. We can choose Light and also spread Light. Light is Peace. Light is Love.
- When we spread Light around us and all over the world, all violence vanishes, all acts of non-love will disappear, and we enter the New Age of Light and Peace.
- Light works. It has Intelligence and Power. And It has worked before, whenever we bungled and brought life on earth to the states that we are in now politically, economically, environmentally and spiritually.
- Light knows everything. It is waiting for us to ask for the Change; the Transformation. Transformation must be sought; it will not be imposed.
- 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.
- When we channel Light and spread Light, Light not only heals; it also corrects and cleanses. It cleanses not only individuals, but also systems.
- Light is our Hope. Our strength. Our future.

- Guruji Krishnananda



Students of Bladins School in Malmo, Sweden, channelled Light on October 17, 2025



A Light Channelling session was conducted at one of the schools in Pune



A Light Channelling session was conducted at one of the schools in Indiranagar, Bangalore, on December 17, 2025

Universal Intelligence Jayant Deshpande

Children today are exposed to many different sources of information. Easy access to mobile phones, the internet, TV channels and many other sources of information has exposed them to volumes of information that are not easy even for adults to process and assimilate. Proper channelling of information to the young minds is necessary, but it continues to be a challenge in a world that is moving towards explosive growth in channels of communication. These channels of communication today have become channels of confusion and stress for the young minds and even adults.

Imagine living in an environment full of confusion and stress. How can young minds deal with this stressful environment? How do children deal with this intimidating volume of information without having any tools to derive knowledge and wisdom out of it? Apart from this, they have to deal with the burden of expectations in this competitive world. In a world where adults are struggling to deal with the challenges of the modern world, how are children going to manage is a matter of great concern for parents and teachers.

It is not as if everything is going wrong with the world. The technological development and explosion of information have brought huge benefits to the world. The advancement in science and technology is welcome in fact and cannot be curtailed.

It is comforting to know that every individual, young or adult, has the innate inner power to guide himself or herself. At Manasa Foundation, our effort is to make individuals aware of this inner power and potential they carry within themselves. Our effort is to make them also aware of the Universal Intelligence that is omnipresent. This Universal Intelligence is Light. It is God Himself, who is present everywhere in the form of subtle Cosmic Energy or Light. This Light can be received, experienced and spread with our genuine intention. The practice of a simple meditational technique called Light Channelling helps. It helps us receive the Cosmic Energy, which brings many benefits to us. It brings us the wisdom and inner strength to deal with many challenges this modern world poses.

We have been doing this work of teaching Light Channelling to school children for the last 16 years. More than 30 lakh children in thousands of schools have been taught this simple practice. The experiences shared by both children and teachers reveal that this practice has brought many benefits to them. It has helped them become more positive and mentally stronger. It has helped them improve their performance in studies, sports and their creative activities. It has helped them become more patient and accommodative. It has helped their mental health, resulting in improvements in physical health as well.

In our effort to strengthen this Movement towards Global Peace, we are celebrating World Channels Day on 30th January 2026. Thousands of schools participate by conducting Light Channelling sessions in their schools. Guided online sessions will be conducted from Manasa Foundation on this day. Anyone can join these sessions online through our website

Let us work together to bring lasting Peace to ourselves and to this world. ■

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.

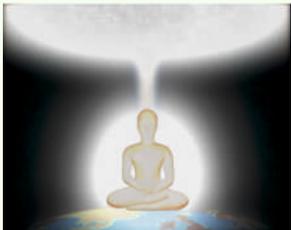
LIGHT CHANNELLING IN SCHOOLS

Schools participated	: 6196
Students channelled Light	: 31.02 lakhs
Schools channelling Light regularly	: 487
Children channelling Light regularly	: 2.12 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



World Channels Day

January 30, 2026

Respected School Authorities,

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

1. Introduce Briefly:

Today is the 16th World Channels Day. This day is dedicated to spreading Love and Peace on our Mother Earth. Let us have a strong intention to bring peace to 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 school, locality, country and the whole world.
- Thank the Light and slowly open your eyes.

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. The live sessions will be conducted as follows:

In English - 11 AM to 11.30 AM and 9 PM to 9.30 PM

In Kannada - 12 PM to 12.30 PM

In Hindi - 8 PM to 8.30 PM

Thank you.