

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 talks delivered on 13th May 2012)

Does Light help in achieving my material ambitions?

Definitely yes. Light helps in actualizing all your ambitions, either material or Spiritual, but you have to make efforts. Without efforts we can achieve nothing. You may carry Light and send Light, but you have to make efforts.

Light will help fulfil any ambition, but we have to be reasonable. We should not have unrealistic ambitions. And your material ambitions should not come in the way of your Spiritual goals. At the same time, your Spiritual ambitions should not come in the way of your material goals.

Both material and Spiritual goals are important. Only when you succeed in the material Life, will you succeed in Spiritual Life. Similarly, only when you succeed in the Spiritual Life, will you succeed in material Life.

You have to strike a balance between your Spiritual and material Lives. You cannot neglect either of them. Spirituality is living this Life very sensibly.

HAPPENINGS

Jayant Deshpande

It is said that the greatest beginnings are humble always. When we began celebrating the World Channels Day many years ago, we did not imagine that someday lakhs would join us in our celebrations.

Our dream is to see all the people living in perfect harmony. Is that really possible? We have learnt from great Masters that this is possible. People did live in perfect harmony thousands of years ago. We can establish the same harmony and Peace again in this world. The practice of Light Channelling and positive living helps.

LIGHT WORKS

Manoj Chopra

The 15th World Channels Day was a memorable experience for Manasa family. Over a hundred Volunteers worked for a single goal of bringing down LIGHT to the world. While some worked on the frontlines, many others played an important role behind the scenes. Every contribution, no matter how big or small, played a vital role in the grand success of the event.

On World Channels Day, more than 7 lakh children and adults channelled Light. In a few places, people gathered in smaller groups and attended our online session. I feel, every Drop adds up! The renowned playwright and philosopher Howard Zinn has quoted beautifully: "*Small acts, when multiplied by millions of people, can transform the world*". Let's all do our part to make this world a better place to live.

MANASA FOUNDATION (R)



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QUOTES FROM THE LIGHT MASTERS

- All of us have the potential to be awakened. The new energies that are being released create conditions required for our awakening. They do not automatically awaken us. We have to make efforts.
- Let us be aware that we are still in the transitory period from Kali Yuga to Light Age. If we can accept that we are living very difficult times and that we are imperfect, we will have enormous patience.
- When we meditate and reach the state of Stillness, if we are alert we realize that there is a Presence. Even when we are not meditating, if we just expand or shift our Awareness, we become aware of the Presence. The Presence has everything - Love, Peace, Bliss and concern for us.
- On this earth everything fluctuates; nothing is constant. Like we have day and night, Meditations have ups and downs. With the same effort, sometimes the Meditations are not satisfying. This happens because of external reasons.
- Spiritual awakening is a continuous process. A person awakens to a higher reality. He continues his Sadhana to awaken to a still higher reality. The awakening continues till we return to our Source.
- Life-force injects Life not merely in our system, but in the entire Creation. Life-force gives us hope and strength to fight against all odds and live on.
- To know what is good for us, we must interact with the Universe or the Presence by shifting our Awareness. The Universe will be waiting to guide, console and shower us with abundance. Once we establish contact and trust the Universe blindly, our Life changes.
- Each individual will have his own Karmic cross to bear. One has to go through his Karmas, which provide opportunities for learning.
- Some people try to be nice always; there is nothing wrong in that but one has to be genuinely good. It should not be artificial. The goodness must come from our core, from the heart.

- Guruji Krishnananda



Students of many schools in Karnataka and Maharashtra channelled Light on the 15th World Channels Day on January 31, 2025



Students of one of the schools in Pune participated in the online Guided Light Channelling Session on the 15th World Channels Day on January 31, 2025



Volunteers of Manasa Foundation celebrated the success of the 15th World Channels Day

15th World Channels Day: A Report

Manoj Chopra

The 15th World Channels Day was like a dream come true! Guruji Krishnananda used to say, “*Time flies*,” and how true his words are! It seems only yesterday we began our journey. Light Channels World Movement was launched in May 2008, and in November 2009, Guruji formed a group and directed us to visit schools and other places. In 2011, we began celebrating World Channels Day. This journey of sixteen years has given us wonderful memories to cherish.

Every World Channels Day is an emotional event for us. The Light channelled on the day is a gift to our beloved Master Maharshi Amara on his birthday. Almost two months prior to the day, the entire Manasa family begins gearing up for this great event. Our Volunteers start working enthusiastically and their goal is to bring down maximum Light. Our Area Coordinators are now experienced in planning, and Volunteers are perfect in executing the plans. They share a wonderful relationship with each other which helps in completing the task meticulously and harmoniously.

Many different teams involved in the work worked with renewed zeal and enthusiasm. The Social Media team campaigned creatively to spread Awareness of Light Channelling with an aim to bring more people to guided online sessions. Due to the impact of their innovative campaigning, we were able to reach thousands of new people.

Like every year, our Volunteers worked like soldiers. They faced many challenges in their work as well as in their personal lives, but they kept their focus on the goal. All challenges seemed small in front of their dedication. Selfless dedication and pure intention always brings great results. On World Channels Day, our Volunteers covered 1,600 schools and helped more than 7.3 lakh children and adults channel Light. Six online sessions were conducted in English, Marathi, Hindi and Kannada. Thousands of people joined these online sessions. Several people gathered in smaller groups to channel Light. Many people who channelled Light, shared their experiences. Many felt immense peace. Some expressed that they could experience Stillness during the sessions. We have entered a new phase in our work of spreading the Light Channels World Movement.

With the blessings of our Masters, the 15th World Channels Day was a great success. At this juncture, my heart is filled with gratitude for all our Volunteers, Teachers, School Authorities, and all Light channels who supported us in our efforts to spread the Movement. People’s participation inspires us to work with even more enthusiasm.

The 15th World Channels Day is a milestone, not our goal. Our real goal is to support our Rishis to establish the New Age on this Earth. I feel that to reach this Great goal, we must pass through many beautiful milestones along the way. Though we cannot predict how many decades or lifetimes it may take, we are assured by our Masters that reaching our goal is certain. Let us celebrate this beautiful journey together. ■

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 CHANELLING IN SCHOOLS

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

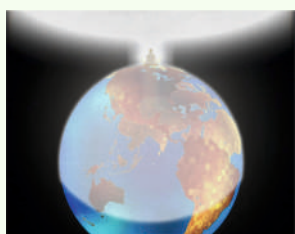
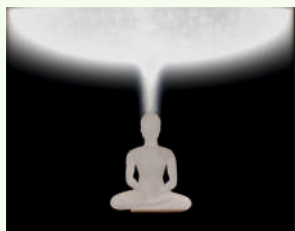
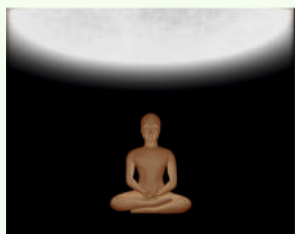
A Guided Live Online Light Channelling session will be conducted every third Sunday from 11.00 AM to 11.30 AM which will be open to everybody. It can be accessed through the following link: www.lighttagemasters.com.

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@lighttagemasters.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

15TH WORLD CHANNELS DAY EXPERIENCES

Compiled by Vaishali Joshi



On World Channels Day when I joined the 8 AM online session I could feel the Light gushing inside me and spreading around the earth. There was Peace within me during the entire session.

During the 9 PM session, I prayed for more Light to pass through me. I sat in complete surrender and handed myself over to the Light. Within a few seconds, I could feel more Light entering and flowing through me, and I felt that I was expanding and I entered a thoughtless state. After a few more seconds, I felt I was expanding further and losing control of myself. The experience was too deep and fulfilling and I wanted to go deeper. A thought came that I may lose myself. Within a few seconds I was in my normal state. It was already 9.30 PM! It was a fulfilling experience beyond words

- Ramachandra K., A Light Channel

On World Channels Day I joined the 8 AM online session. Within a few seconds I was in a thoughtless state and felt deep Peace within me during the

entire session.

Again, during the 9 PM session, as the Light was flowing through me, the Peace and a deep immersion experience within was beyond words. I did not want to stop and come out of it when the session ended. It was a very satisfying and fulfilling experience.

- Vedavathi, A Light Channel

I really enjoyed the Light Channelling session with Alka. Though I have done Light Channelling before, this guided session created wonderful vibrations and a deep sense of connection to the Divine energy. For me, Light Channelling is a way to connect with myself and the Source. Every session leaves me feeling lighter, peaceful, and calm. I have also experienced its power in healing – whether for myself or in sharing positive energy with others. Even a single session can bring remarkable results, helping to restore harmony and strengthen relationships.

- Tina Nagpaul, A Light Channel



**More than 7 lakh people channelled Light
on the 15th World Channels Day
January 31, 2025**



**Thank You
for your participation**

**Join us for a guided Light Channelling Session
on the 3rd Sunday of every month from 11 AM to 11.30 AM (India Time)**

Live on: <https://lightagemasters.com>

Heal Yourself, Heal The World.