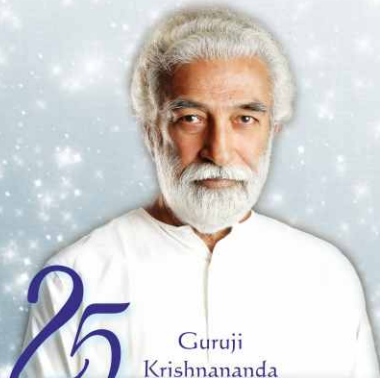
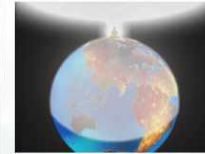


# Experiences of Light Channels

Volume 2



25

Guruji  
Krishnananda

Divine Years

• Manasa Foundation  
The Saptarishis Path

More  
than  
**25,00,000**  
have  
channelled  
Light and  
benefited.



# **Experiences of Light Channels**

## Volume 2

A compilation of benefits of Light Channelling

Compiled by  
**Ms. Seema Almel**



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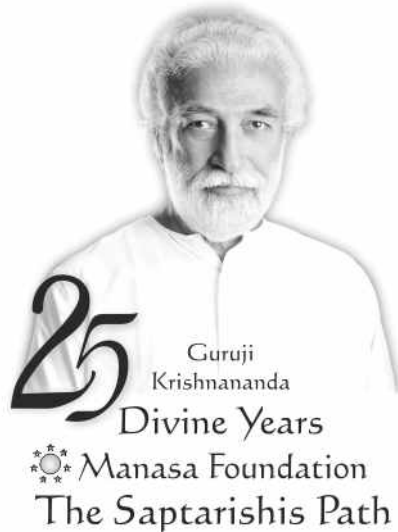
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Dedicated to

**GURUJI KRISHNANANDA**

on the **1st** Anniversary of his Mahasamadhi,  
in the **25th** Anniversary of The Saptarishis Path, Manasa Foundation and  
**5th** Anniversary of Revolution by Light,  
on enlightening more than **25,00,000** world citizens.





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## **The Revolution by Light**

### **A Message from Guruji Krishnananda**

We are entering a new Time-Frame. Great Changes are expected.

The time has come for the Light to cleanse the world of all that is corrupt, violent and non-loving. The Light can cleanse, help us build up new systems of value and bring peace and love on this earth. The Light, we know, has great Intelligence and Power. Light is God. We have to allow the Light to do Its work. We have to spread Light to all corners of the world, to everyone and everything. The Time has come for us to bring about the Revolution by Light.

All those who are familiar with the Light and Light Channelling realize that anyone, not just the school children, can channel the Light to benefit individually and also globally.

To eradicate corruption, to bring peace and to deal with the processes of the Great Change that is sweeping the globe, all of us have to channel Light. We can organize weekly sessions at our homes, as we organize Satsang or Bhajan sessions. Many are doing this already.

Light Channelling sessions anywhere establish Peace and Love.

We must continue channelling Light daily for seven minutes at any convenient time. We will experience the impact of the Light in our individual lives as well as the global life.

The Revolution by Light will continue until there is total peace and love on this earth.



**Note from Mr. Jayant Deshpande**  
**Director, Manasa Foundation**

Most people wish to see the world free of violence, corruption, injustice, exploitation and any other acts of darkness that have caused and continue to cause immense suffering to the fellow human beings. Looking at the current state of affairs of this world, most of us may doubt that such a life on this earth is possible. And if it is possible, how will it happen, what can an individual do to help this world move towards a life full of Peace and Love.

The Light Masters in the higher realms have witnessed the cyclical changes in the life on this earth since the beginning and know that the period of darkness is only temporary. They know that the humanity will witness future times totally free of all negativities and the life on this earth will be glorious. The Light Masters are working for it by spreading a lot of new energies and knowledge through their channels on this earth.

Guruji Krishnananda was one such channel and was a Light Master himself who had contacts with the Light Masters in the higher realms. He gave us a very simple but very effective way of participating in the processes of transitioning of this earth from darkness to Light by first establishing Peace and Love within and then spreading to the whole world. He taught us Light Channelling.

Millions of people have learnt to channel Light and have benefitted immensely. Some people have experienced the healing touch of Light while some others have experienced vanishing of negativities such as anger and jealousy. Some have experienced improvement of

concentration and memory while some others have experienced improvement in their interpersonal relationships. Light helps in a very special way unique to the individual.

We have captured the experiences of some of these Light Channels in this book and hope that these experiences inspire many more people to make the Light a part of their lives.

**Note from Mr. Manoj Kumar Chopra**  
**Team Leader, Light Channels Volunteer Team**

The Light Channels World Movement was launched on May 18th, 2008, by Guruji, in a small hut at 'Antar-Manasa' where he used to live. On that day, a few of his students channelled Light and the Movement began. Later it was introduced to schools and it became a Revolution.

On February 1st, 2010, our enthusiastic volunteers gifted Maharishi Amara on his birthday by making around 30,000 children channel Light. This was the turning point for the Movement. Slowly and steadily a dedicated team of 100 plus volunteers was formed.

Guruji christened February 1st as "World Channels Day".

The first 'World Channels Day' was celebrated on February 1st, 2011, and our volunteers made nearly 4 Lakhs children channel Light.

In 2012, on World Channels Day, 6 lakhs and in the year 2013, around 9 lakhs children channelled Light respectively. Year after year Light channelling could achieve newer and greater heights.

I feel, when our intent is pure and we have a passion, we can achieve Greater things in life. When our work is backed by the Masters in Higher realms, we can make the impossible possible.

Our volunteers are focused and clear about their objective. Their goal is to spread Love, Peace and Light on earth. They want to see Mother Earth free from wounds of violence, corruption and from all negativities.

Light channelling work is an expression of Love of volunteers towards humanity. It is a selfless work

done by sincere and dedicated volunteers. In their hearts they imbibe the dream of their Masters. They have complete faith in Light. They believe this Light is the Source of Love, Peace, Truth and Wisdom. They believe this Light is God. They carry lots of Love and Light and carry out this wonderful work. The Love and conviction they carry inspire teachers and children.

Let the Light bless them with higher experiences.

Children are being helped by improvement in their memory power, concentration, and elders are able to reduce their anger and improve their interpersonal relations. It is difficult to believe that all our problems can be addressed by Light channelling.

When we began channelling in schools in 2009, we never imagined we will reach 25 lakhs students so fast. It is acceptance from the School Authorities which made it possible. They welcome our volunteers and shower their Love on them. They gave us precious time to conduct session in their early morning busy schedules. I always consider them as an integral part of our Light channelling Movement.

'Experiences of Light Channels' is the most valuable book. Each experience inspires us to believe that Light takes care of us like a companion, a friend and a parent.

Light channelling is the utmost gift to humanity in this turbulent time. This world needs more Light. Let there be only Love and Peace on earth. Let us shape the destiny of the world by channelling Light.

# About LIGHT

## **What is Light?**

Light is the Creative Intelligence behind the Creation. Light is the formless God. It is the First Light that was manifested from the unmanifested. It is the First manifestation. From this Light, an ocean of Consciousness emerged and from that this whole Creation. This Light is everywhere in the Creation. It cannot be seen by our naked eyes. But It can be experienced in deep Meditations.

Light is Energy. It carries within Itself Love, Wisdom and Energies. This Light is not the physical light. It is very subtle and pervades all realms. It can be accessed by thought, Meditation and by extending our Awareness. It can help us in every way at the individual as well as the global levels.

## **What is Light Channelling?**

It is allowing the Light to descend into us by intending and then spreading it around the entire world. Our system transforms the higher frequency of the Light to a grosser level.

## **How does Channelling Light help?**

The vibrations from the Light reach all beings and nature. They carry the energies of Healing, Love, Peace and Positivity. They help in Transformation. We will be better human beings. Our world will be a better world.

## **How does it help the individual?**

The quality of our thoughts, emotions and actions improve. Conflicts reduce. Efficiency improves. Our life will be a better one.

## **Who can channel Light?**

Anyone and everyone can channel Light.

# About LIGHT

## Is any preparation required?

No preparation is required; except the desire to change ourselves and the world.

## Are there any restrictions?

No. Light Channelling is a non-religious, Spiritual activity.



## UNIQUENESS OF THE REVOLUTION BY LIGHT

1. Oneness is achieved by Light.
2. Light Channelling is a non-religious and Universal activity.
3. No restrictions, no conditions. Anyone can channel Light from anywhere.
4. No membership is required. No commerce is involved.
5. Everyone can contribute to Peace.
6. Helps the individual, helps the World.
7. Prepares us and the World to establish the Light Age.



## The Light Channelling Technique



**Step 1:** Visualize / Imagine an ocean of Light above you.



**Step 2:** Imagine the Light descending and filling up your body.



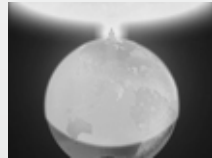
**Step 3:** Then, experience the Love and Peace of the Light for a minute.



**Step 4:** Request the Light to spread out through you to your surroundings.



**Step 5:** Spread the Light to your home, locality and country.



**Step 6:** Now, spread the Light out to the entire world.



**Step 7:** Continue to spread Light as long as you can.



## The Operating Principle behind Light Channelling

'Energy follows intention' – this is the operating principle behind Light Channelling. A mere request for Light to spread through us is all that is required. Our honest wish to help other human beings, to make our world, our immediate surroundings and our own lives better, is enough for the Divine Forces to respond. Abiding by the Law of Freewill, Divine Light despite all its unlimited potential will not act by Itself.

Visualization technique is just an aid. We need not try to see the Light. It vibrates at a very high frequency due to which it is almost impossible to see It, unless of course we purify ourselves or our higher faculties are active. Even sensing Light is not easy. Very few are sensitive to subtle Energies. We can experience Light as Peace and Unconditional Love. Intend for Divine Light to spread through you and It will.

It is not imperative to see or sense Light, it works irrespective. The evidence of Light Channelling will be in the positive changes. Many have already benefited. At times the results take time to manifest and sometimes some individuals may reject the Light. Nevertheless, it is our duty to help ourselves and the world.

When we see injustices, diseases, natural disasters and conflict which we cannot help, we can send Light and request Light to heal the place, situation or a person. Since Energy follows our intent, intend that after Light descends into us from the Ocean of Light above us, Light emanates as a beam from our hearts and reaches out to the place or person requiring healing. Experience Light as Peace and Divine Love before spreading.

Channel Light from wherever you are, whenever you can for at least seven minutes or as long as you can. All it takes is a pure intent to heal yourself and heal the world.



**Light Channelling session at  
Madurai**



**Light Channelling session at  
Bangalore**

## Benefits of Light Channelling

Following are the benefits received by those who channelled Light

**Ms. Dhanoo Khusrokhani, a Meditator for many years and a Light Channel:** "I try to carry Light and Love within me all the time. I get messages during Meditation reminding me about things which I have forgotten; I also get solutions to vexing problems. Help comes to me always in time, for averting unpleasant and damaging situations."

**Ms. Esakkirani, Member, Regional Light Channelling Centre (RLCC), Madurai:**

"First, I convey my hearty thanks to Guruji Krishnananda for this wonderful meditational technique. I have been channelling Light for the past one year. During this period I experienced some changes in my life. Before doing any work I analyze with the help of Light whether it is right or wrong. Now I have developed positive thoughts and attitude, and gained confidence that I can overcome any problem. When I see people suffer I send Light to them. Light Channelling has brought better changes in my life and the people around me."

**Principal, Baldwin Boys School, Bangalore:** "For the first time, I have experienced so much peace and silence. I experienced the Light and it was amazing. For the first time in the history of Baldwins, children sat this quietly for so long."

**Ms. Rita, Teacher, Ambedkar School, Bangalore:** "Light Channelling brings peace, calmness in our mind. I even practise this while travelling in the bus and I feel energized."

**Ms. Nandita Patel, a Meditator:** "My children have full faith in Light, and pray to Light whenever they are stuck. And they are getting instant results, so their faith is increasing. I am really thankful to Light for that."

**Ms. Nancy Rogeria from N. Friburgo, Rio de Janeiro, Brazil:** "My town is in rainforest mountains. On 1-11-2011 we had the worst landslide disaster in the history of Brazil. Thousands died and many were buried alive. The town is still fragile as many mountains do not yet have vegetation and are full of cracks. On 30-10-2012, a huge rain storm began. I called upon my friends in India who channel Light, to send Light to us.

"After an hour, the wind dissipated the heavy clouds and the storm ceased. The Sun came out and the sky was blue again. I went outside and spoke to God and Rishis; and with tears in my eyes and a knot in my throat I bowed in love and gratitude for the blessing my town and people received. There are no words to describe what my heart and soul feel. All I wanted to do was throw myself down on Mother Earth and feel her heart beat in unison with mine."

**Mr. Vishwas Dixit, Meditator and Light Channel:** "On my daughter's thirteenth birthday, I gave her the Light Channelling technique along with other gifts. I told her that it is the best gift that I have ever given her, and that she should practise it every day in the morning and in the night. Later, she informed me saying, 'I did the Channelling; it's amazing. It was a marvellous experience. I am happy to make my contribution.' I had tears and had no words to express my feelings."

**Mr. Vinu Varghese, a Light Channels Volunteer:** "Many times when I find myself too much tensed not knowing what to do or have a critical problem, I have taken help of the Light. I can feel the energies coming to me as a soothing warmth spreading all over the body, and like a loving parent it has always consoled and given me strength in spite of my mistakes."

**Mr. Harshal Chaudhari, Student, Gadge Maharaj Residential School, Mumbai:** "Earlier I used to talk in abusive language with other school children. After I started doing Light Channelling this has reduced considerably."

**Ms. Rajitha, Principal of Golden Chariot School from Bangalore:** "We are very happy with practising Light Channelling in our school. Our students are getting a lot of help from Light. Some parents also gave us a good feedback this year and requested us to continue Light Channelling in our school. I want to share one very obvious change I saw, which I attribute to Light Channelling. We have two partially mentally challenged students who were advised by Doctors to be mixed with regular students. These students used to create a lot of trouble in the class like throwing bags and tantrums. They did not even lift their face or listen to the teachers. But after we started practising Light Channelling regularly, these two students have changed a lot. Previously 4 or 5 complaints were reported by the teachers of this class every day due to these children, but now the complaints have almost stopped. They have become peaceful and responsive to teacher's instructions."

**Ms. Sheeba Gracy D., Teacher, Best Public School, Davis Road, Bangalore:** "When I closed my eyes and imagined Light coming down and falling on me, I felt that my tension was reduced, I felt Peace. I felt the entire world was in Light and everyone was happy enjoying a peaceful life. After opening my eyes, I felt freshness on my face as if I had washed it. Whatever tension and worries that I had were washed away."

**Ms. D'Souza, Head Mistress, Sri Maruti Vidya Mandira Kannada Nursery, Primary & High School, Bangalore:** "The Light Channelling program conducted by Manasa Foundation has helped in improving the attendance of our students. They are now prompt to the assembly and eager to learn."

**Ms. Sashikala Rajamanakyam, PS Matriculation Higher Sec School, Mylapore:** "We channel Light once in a week in the assembly and before beginning the class. It is really working and students are becoming more disciplined with this technique. It is a very welcome initiative."

**Ms. Indira, a Teacher at a Government Higher Primary School in Yediyur, Bangalore:** "I practise Light Channelling regularly in my house and also in the school. There is a student who is a little mischievous and does not take interest in studies. To improve her behaviour I channelled Light to her regularly. I have observed that now she is more active and is taking interest in her studies. Her behaviour has also improved considerably."

**Ms. Sanju Kumari, Teacher, KV - II, 104 Area, Visakhapatnam:** "Students did not assemble at the prayer time. Prayers got delayed and the Vice Principal was angry with me. I got tensed and started shouting at the students, made them assemble and after the prayers when you conducted Light Channelling, I too participated. It felt very soothing, calm and peaceful. You came like a God. Thanks a lot. It is a very good technique. I will definitely ask the children to practise this."

**Ms. Kavyashree R., a Mediator:** "My 80 year old grandfather was admitted to hospital. He is very hefty and has a lot of wounds on his back and abdominal region. On his way back from hospital, they brought him in an ambulance, on a stretcher. He was shouting due to pain. The ward boys were trying very hard to pick up the stretcher but failed to carry him, added to this it was raining heavily. It was very traumatic for me to watch that scene and I was in tears. Suddenly, my mother told me to channel Light to my grandfather and the ward boys so that they could carry him to the first floor.

"I started channeling Light. Within no time the ward boys carried my grandfather into his home safely. I was totally numb for a minute. I am so thankful to Light. It has always given support to me, every second of my life. Words cannot express my happiness."



**Ms. Geethalakshmi, Assistant Teacher, Raghavendra English School, Vidyaranyanagar, Bangalore:**

"After practising Light Channelling I feel calm and confident. It has developed patience, determination, inner strength and many other positive qualities in me."

**Ms. Akshaya S., a teenager studying in Standard XII, SBS Mootha Girls Senior Secondary School, Chennai:**

"As soon as I started channelling, I felt the Light took me over with peace, love, calmness, purity and care. After I finished I felt fresh and good. Light has taught me to be selfless. I feel more confident now and my concentration level has improved. Whenever I get into some kind of trouble, there seems to be a voice inside me that helps me and guides me. If I am doing something wrong, I feel uneasy; Light makes me realise things that I did not before. It gives me the courage to go through the path which I dream to travel in. I believe the Light will help in making even a small thought come true."

"I thank Light, the Source of all Creation; by connecting to It, I am able to feel a connection with God Himself. It is not just an act of kindness to spread Light, it is being humane."

**Ms. Prema S., Student of Standard VIII, Thayammal Middle School, Kulasekaran Pattinam:**

"I channel Light daily in the morning and night for 5 minutes each. It has made me very active, given peace in daily life and has made me a happier person. It has increased my will power. My behaviour has changed. I feel sorry if I have hurt others and get strength to avoid fighting with classmates. It has given me a feeling that everyone around me is good and they love me, so I have no ill-feeling against anyone."

**Mr. Narendra, Student, Visakhapatnam:** "I channel Light everyday in the morning. My parents do not quarrel now and my father very rarely drinks alcohol."

**Mr. Shreyas, Student of Standard VI, Shanthiniketan English School, Bangalore:**  
"While channelling Light, a shining Light like a God came and told me to be good."

**Ms. G. Balaji, a Student of Standard VII, from Bangalore:** "My parents used to fight often. After I started practising Light Channelling, they have stopped fighting."

**Ms. Ramya R., Student of Standard X, Raghavendra English School, Bangalore:**  
"In the beginning I did not believe in Light Channelling. However, as I kept practising I felt more positive, optimistic, confident and enlightened."

**Ms. Deeksha Suresh, Student of Standard X:** "I had gone to a Mall and got lost in the huge crowd. I had no hope but to ask Light to help me. I was relieved to find my dad, but forgot to thank Light. I happened to glimpse at the word LIGHT which was being unscrambled in a game of word scramble on the lobby television. It made me realize that I should have thanked the Light and I did so. Now Light is a beacon in my life."

**Ms. Megha B. S., Student of Standard VII, Govt. Higher Primary School, Bangalore:**  
"After Light Channelling, I felt I should tell the truth and behave with everyone with love and compassion, and be friendly. I have to be peaceful and I felt I am intelligent. Thank you."

**Mr. S. Kishore, Student of Standard X, Kamlavathy Matriculation Higher Secondary School, Sahupuram, Thoothukudi District:** "While channelling Light, I felt as though all negative things were going out of my body and positive things were entering."

**Ms.Dhanalakshmi, Student of Standard IV, Panchayat Union Middle School, Poigaikaraipatti, Madurai:** "I used to aimlessly roam around my locality earlier, wasting time. Now, after I started practising Light Channelling, I never roam, and I sit for studies regularly."

**Mr. Nakul Godbole, Std. 8, Maharashtra Mandal English Medium School, Pune:** "Earlier I was very rude. After doing this for so many days I have become calm and quiet. I do this Meditation two times a day. I forget my troubles for those 5-10 minutes."

**Ms. Pavithra M., Student of Standard IX, Sri Maruthi Convent, Bangalore:** "Earlier I was not happy and did not feel like talking with others. But after channelling Light I have changed completely. Now I am happy with everyone and I feel by this we can change the world positively."

**Ms. Nandhini Anand S., Student of Standard IX, SBS Mootha Girls Senior Secondary School, Chennai:** "I used to always fight with my brother and sister. But after I practised Light Channelling my mother said - 'Your habits have changed. You are kind to your siblings.' I was surprised. I felt good and active in school. Thank you for teaching Light Channelling."

**Ms. Surabhi, a Student of Standard IX, Sree Sajjan Rao Vidya Samsthe, Bangalore:** "The energy of Light Channelling technique has helped me to be creative. I don't feel like wasting time."

**Ms. S. Janani, Std. X, SBS Mootha Girls Senior Secondary School, Chennai:** "Lots of things happened in these five days and there was a silence in me which I loved. During Light Channelling I had some things on my mind. I wanted my cousin to arrive safely to our house; that my mother joins back her office from her sick leave; that my father's case comes in the court despite the problems that occurred for the past two years; that my sister gets relief from her sickness. Believe me or not, it all happened and I am happy about it."

**Ms. Srikala, BBM Student, Seshadripuram College, Bangalore:** "I feel a lot of positivity filling and blooming out of me. Whenever I practise Light Channelling I experience the bright Light in my head. The problems I face are the same but I feel they are very small, and I am not affected by the negativity or criticism towards me. I am in bliss."

**Ms. Pavani, Student of Standard X, Government High School, Immadihalli, Bangalore:**

"I experienced Love and Peace. It was so nice I cannot put it into words, you have to experience it for yourself."

**Ms. Durgamma, Student of Standard VII, Government Higher Primary School, Parangipalya, Bangalore:**

"Before channelling Light, my mind was full of worries. While meditating, I felt my mind becoming cool. After the Meditation, I felt even more happy. This is very nice."





**Young and old alike,  
channel Light at  
Malleshwaram in  
Bangalore.**

**Light Channelling session at  
Taponagara, Bangalore.**



## Healing with Light

Anyone can heal oneself and others as well. We can heal people and all living beings including animals, plants, birds and sea-creatures. Everything, animate or inanimate, has Consciousness. Every form of Consciousness has innate intelligence. It has a core. The core has a personality. We can invoke the personality by offering energies and Love. A home, a locality, a town, a city, a nation and finally the earth have their energy fields, cores and personalities. Our thoughts and emotions impact them. Violence and killings inflict wounds on them. All wounds can be healed. All tears can be wiped. Healing mother earth and our places of living are our duties and are acts of atonement because the wounds are inflicted by humanity. The best way is channelling the Divine Light.

Let us also understand that we cannot instruct Light about what It needs to do or what we wish should happen, we cannot instruct God. Light knows what it should do, when and how. Light speaks to the person at the level of the Soul. Given the Law of Freewill, a person may even reject Light and Its guidance and continue with negativity. Light never enforces change, It supports positive growth. It helps the Divine potential in everyone to bloom forth. Instant results may or may not come since the gravity of the situation always varies and the acceptance of guidance from Light depends on the individual.

Every thought and emotion sends out vibrations which can be constructive or destructive. Strong vibrations accumulate in the collective global human consciousness and invisibly influence human behaviour.

Negative vibrations generated by humanity, especially in the last millennia, full of violence, genocide, aggression, corruption, etc. have made the energy field toxic. Cleaning the collective global consciousness and increasing positive vibrations will create an environment wherein lasting Peace can thrive. Channelling Light is the best and the easiest way of purification at the individual, familial, communal as well as the global level. Light works at the sub-grassroots level of energies which precede thought, emotion and action, hence positivising those who channel Light. As the Light is spread around engulfing the whole world, the ocean of vibrations we live in gets purified and humanity as well as other inhabitants of earth, can be healed.

**Ms. Sulabha Joshi, Pune:** "I am 84 years old. After I started channelling Light I had some good experiences. My left leg used to pain a lot. Now this pain has reduced to a great extent. I don't need to take painkiller tablets often. Due to my age I used to get disturbed if things did not happen as I wished. But now this does not happen. I am able to concentrate more. So mental suffering is also reducing. All these years I lived and experienced whatever life laid out for me. Now, I am moving towards the Path of Light."

**Mr. Harilal Dudhia, A Meditator:** "My wife had been ill for over three years; had swelling in the arms and legs due to leakage in her heart, where impure blood was getting mixed with pure blood. She was becoming weak day by day. We started channelling Light and healing energy to her. To our surprise, within four months she stopped taking medicine and regained her appetite. This is a Miracle! I thank God and Guruji."

**Ms. Susheela, Teacher, Sree Sajjan Rao Vidya Samasthe, Bangalore:** "During sports, I had pain in my legs. I channelled Light for 5 minutes and requested It to relieve my pain. It was relieved! This is a Divine energy. Let us use this to become Enlightened Beings."

**Ms. Kanade, Pandharpur:** "Due to healing by Light I have been relieved from chronic attack of lungs. Prior to this the doctor had advised me that I have to remain on artificial ventilation for the rest of my life"

**Mr. Jainendra Kumar, C.B.D. Belapur, Navi Mumbai:** "It is a simple technique which has helped me a lot. I have healed myself with the help of Light 2-3 times. Once I sent Light to my brother who had a problem. Light helped him and the problem got solved. I have become more balanced, peaceful and positive. I feel more Love towards others and feel like helping them. One has to experience Light to know the proof of it and its benefits. Then, no explanation is required."



**Ms. Samavedam Padmashree, Volunteer:** "I taught Light Channelling to some of our office staff. One girl, T. Kalyani, suffering from thyroid problem has shared her experience. Last week she was not feeling well. While waiting at the hospital for the doctor she had a lot of tension about what he would say about her health. She started channelling Light and after 2-3 minutes, was fully relaxed and spoke to the doctor happily. He too spoke very well and said her health is ok and there is no need to worry. Thank you for teaching me Light Channelling. She thanked me for teaching her the technique and said that she still needs to change and would make efforts."

**Ms. Geetha, Member, Regional Light Channelling Centre, Madurai:** "I am studying for a Masters degree in Sciences - Agriculture. I feel very fortunate to know about Light Channelling and I am practising it every day for the past many months. Before channelling, I pray to God in the form of Light. I start my every work after getting the blessings from Light. Now I have understood that the proper way of approaching God is channelling Light."

"While channelling I feel calmness and my thoughts are proper. Initially my mind used to get diverted frequently. But now, it is rarely getting diverted. I feel the energy flow through my body. This helps me in keeping negative thoughts under check. After channelling I feel that my mind is empty and whatever work I do, I do it in a relaxed state without getting stressed or anxious. Even when I am not getting the answer, I try to find the mistake and solve it."

"I believe that Light Channelling also heals us and I realize that Light saves lives. Once, my friend's sister was in a critical state. Doctors gave no assurance about her life. Light healed her and now she is very happy with her family. I believe that Light will bring peace and happiness among the individuals."

**Ms. S. Divya, First Year, Valliammai Hindu Teacher Training Institute, Pattinam:** "When I practised Light Channelling for the first time my mind became calm. So I started practising it daily. Earlier I used to get headache very often. Slowly it reduced and now I do not get headache at all. So I am able to study much better now."

**Ms. Maya, a Teacher from Bangalore:** "Earlier I used to meditate on God. It was difficult for me to channel Light. But now, I feel I am reaching the centre of the earth with the Light energy. At the age of 50, my memory is fading. I meditate with a request that my memory improves. Now, I remember everything. Every evening I channel Light for fifteen minutes. I feel very fresh, least bit tired and my health has improved."

**Ms. Geeta Joshi, a Finance professional and Light Channels Volunteer, Pune:** "I channelled Light for seven minutes to my former colleague for throat infection and sprained neck. Now he is a firm believer of Light's healing capacities. Another colleague reported blood pressure level of 110/180. She followed Light Channelling technique for three days. Today, her blood pressure levels are normal."

**Ms. Jana Sumathi, a Light Channels Volunteer, Chennai:** "After the Light channelling session in Sri Siva Swamy Kalalaya Higher Secondary School, an employee who works in the office there said - 'Light has healing energies, my headache is gone.'"

**Ms. Anusha N. R. Ramesh, Founder & Managing Trustee, Belakku School for Children with Special Needs, Bangalore:** "Sai Chaitanya Charitable Trust on behalf of its children, staff and management extends heartfelt thanks for coming to our school to conduct the Light Channelling sessions with our children and staff. Lots of progress can be seen in our children's behaviour. We expect the same support in future also."

**Mr. Saicharan, Student of Standard VI, Sheila Kothavala Insititute for Deaf, Bangalore:**

"After practising Light Channelling my health has improved."

**Ms. Monica B., Student of Standard VII:** "I had severe breathing problem. After I started practising the Light Channelling technique my breathing has become normal and my problem has reduced. I am very thankful to the teacher who has taught me this technique."

**Mr. Narendra Vilas Jogi, Student of Standard VIII, Vishwakarma Vidyalaya English Secondary School, Pune:**

"I am channelling Light daily in the morning and before sleeping. I feel fresh and the mind is concentrated on studies. Whenever I do this, in winter also, I feel hot. And the positiveness is increasing automatically."

**Ms. Pravalikha C., Student of Standard IX, Conan Christ Public School, Bangalore:** "It gives me a feeling of relaxation and freshness in mind and body. Once I had a severe pain in my shoulders. I went to a doctor but the pain did not subside. I began channelling Light continuously, imagining that as the Light was passing through my body the pain was going out slowly from my shoulders. It helped me. Even on the day when our exams start we do Light channelling. It helps in giving more attention and concentration, and leaves us tension free."

**Mr. Harshith, Student of Standard VI, Vagdevi Vilas School, Bangalore:** "I had pain in my right hand today. After Light Channelling, the pain has vanished. I channel Light every day. Whenever I am in stress, I channel Light and the stress goes away."

**Mr. Kore, Student, Survase Primary School, Solapur:** "I told my father about Light Channelling. After hearing about it he started doing it regularly. Due to this he got relief from Asthma."

**Ms. Apoorva Sakshi, Student of Standard X, SBS Mootha Girls Senior Secondary School, Chennai:** "Light Channelling has helped me a lot by relaxing my mind. My headaches have also come down. I was going through a pain for the past one month. Medication did not help. But from the time I have started doing Light Channelling the pain has reduced. Earlier, I was not able to sleep properly due to the pain, but now I am able to sleep peacefully. It has helped me to get rid of unwanted thoughts. I am learning to be patient but I still have a long way to go. I thank the school for introducing this to us."

**Ms. Ananya, Student of Standard VI, S. D. M. Higher Primary School, Ujire:** "In 5th Standard, our teacher Mrs. Nalini Karanth taught us Light channelling. I am practising this daily two times. Recently my grandmother was in hospital because of disc problem. I sent her a lot of Light. Now she is alright. Earlier I had problem in understanding my lessons and remembering them after reading. Now I don't have that problem."

**Ms. Rohini, Student of Standard IX, Sheila Kothavala Insititute for Deaf, Bangalore:** "I practise Light Channelling in the morning at school and in the night at home. It helps me to get good sleep."

**Ms. Kalai Selvi E., Student of Standard VIII, Thayammal Middle School, Kulasekaran Pattinam:** "Channelling Light in the morning makes me fresh and brisk. It keeps me healthy and helps in better performance of activities. There is increase in imaginative skill and thought process."

**Ms. Jayanti Natarajan, Teacher:** “The Light channelling sessions in different schools have created a lot of goodwill and joy. In my daily routine of teaching the S.S.C. students we start each day with this practice. The students have started enjoying the process and find greater sense of confidence and rejuvenated energy. Some of them have noteworthy experiences.

“A young girl who had to get married was suddenly identified with kidney failure. Around 80 students sincerely channelled Light every day and it is still on. We came to know that 25% of her kidney has started functioning now.

“Recently a student's father met with a nasty accident. We started channelling Light. He is out of danger and has shown quick improvement.

“A 4-year old girl was gruesomely hit by an auto rickshaw. All chances were bleak; nevertheless we channelled Light with full faith. She is now out of danger.

“I thank you for giving the world such a precious gift unconditionally.”



**Light Channelling at a Gurudwara in Bangalore.**

**Police Personnel channel Light in Pune.**



## Managing Anger with Light

When you get angry, slow down your breath; both inhaling and exhaling. When you inhale, imagine that you are inhaling white Light. Inhale and allow it to spread to your entire body. Then exhale the air. This makes one round. Practise this for three to seven rounds. You can practise this anywhere. But, if you practise this sitting in a quiet corner and facing east, the effect is much more. Regular practise will bring lasting results. Remember, one burst of strong anger will deplete the benefits received by hours of Meditation.

**For depression:** Sit quietly facing east and close your eyes. Practise the above technique for three rounds. Then, imagine your whole body full of Light. Experience the Light. Practise this for a minimum of seven minutes to one hour.

**For dealing with problems:** All of us have problems, small and big, a few or many. Sometimes, we are unable to deal with them. We require and seek help from others. Light may not solve all our problems miraculously but the Light provides us unfailing wisdom and strength to face them. Invariably, we get relief. We can place our problems before the Light. We can speak to the Light. This may sound unbelievable. But one has to try. Not once, but many times.

Sit quietly facing East. Close your eyes. Breathe slowly. Then, imagine a huge ball of Light in front of you. Imagine a person inside that globe. Then, send your thoughts and talk. Listen quietly. You will receive a response. Speak about your problems and seek help. You may not hear anything the first time or the first several times. But if you persist, you will eventually hear.

The Light has Intelligence, Compassion and Power. Its vibrations build up a field of energy that works in ways incomprehensible to us and brings us the results. Light helps everyone in every way. While seeking its help, one may devise one's own. There is no harm, everything works. Light has great compassion and understands our intent. It accommodates our innocent mistakes. Light, after all, is the formless God.

**Ms. Anne Chapman, a meditator and Light Channel says:** "I feel happy and totally at peace. When I get angry, I connect to the Light and the anger dissipates. I send Love in difficult situations when dealing with others. I am very happy and content in my own space and I find that I like my own company more."

**Mr. Tyagaraj, a Teacher at Sree Sajjan Rao Vidya Samsthe, Bangalore:** "I was short-tempered. Now my anger has reduced because whenever I find time I channel Light. I always suffered from headaches. With Light channelling the need for a tablet or a balm is gone. I sometimes practise this even while travelling to be at peace and remain fresh."

**Ms. Pushpa H., Student of Standard X, Govt. High School, Sunkenahalli:** "Earlier I used to get very angry even over a trivial issue. But after practising Light Channelling technique I am able to control my anger. Earlier, I had a lot of fear. Now my fear is gradually reducing. I thank Manasa Foundation for teaching me this technique."

**Ms. Chaitra V., Student of Standard X, Raghavendra English School, Bangalore:** "When I was in 9th standard I came to know about the Light Channelling. After experiencing it, I felt that I am in heaven. Practice of Light Channelling once daily makes me relaxed, calm, confident and enthusiastic. I would like to share one instance. When somebody used to make me angry or tease me I would scold them and make a big issue. But now I am able to solve it coolly and calmly. It is because of Light Channelling."

**Mr. Zubair, Student of Standard IX, Sheila Kothavala Institute for Deaf, Bangalore:**  
"Light has helped me to control my anger."



**Ms. Neha V. K., Student of Standard XII:** "After practising Light Channelling, I feel that some thought inside me instructs me to apologise whenever I commit a mistake. Earlier, I used to take revenge on the people who did even a small negative thing to me. But now a thought from within tells me to stand in their position and think; and I have stopped taking revenge on others. I used to take even the smallest of things seriously, but now I am able to experience peace in tough times and am able to control my feelings, emotions as well as my harsh words.

"The number of thoughts I get has got reduced to a very large extent. Whenever I get an unwanted thought, something is stopping me from thinking about it. My concentration has improved a bit. This technique has helped me a lot in solving my day-to-day problems."

**Ms. S. Nithyasree, S.B.S. Mootha Senior Secondary School, Chennai:** "I would like to thank my school and Members of Manasa Foundation for this beautiful technique. After practising this, I felt better and felt free from stress and tension. Also, due to this technique, I am able to control my anger.

"I would like to share one of my experiences. The day-before yesterday, I and my father had a misunderstanding. He scolded me and went to his room. I felt disturbed; so I practised this technique. After 15 minutes, my father came out and I apologised. He too felt bad for scolding me. I usually don't believe in Meditation. But really this technique has brought a lot of changes in me. I also feel happy that I pray for world peace from where I am."

**Ms. Gayathri Sudarsan, Student of Standard IX, S.B.S. Mootha Girls Senior Secondary School, Chennai:** "Light Channelling has made me love silence. I am really able to have a check on my tongue and temper. When I practise Light Channelling before studying for a test, I am able to grasp better than before."

**Mr. Sai Sreeja M., Student of Standard X, S.B.S. Mootha Girls Senior Secondary School, Chennai:**

"Light Channelling has really helped me. Whenever I feel really upset or am about to cry, I start channelling Light to gain strength. It diverts my mind and I can feel the huge energy descending upon me.

"Once, I had an argument with my dad. I was on the verge of crying but I didn't want to cry. So I tried Light Channelling. Tears rolled down my cheeks but I was totally into what I was doing. After I completed channelling, my mind was so calm and I was unable to open my eyes fully. I completely forgot where I was. I felt relieved and peaceful. I kept trying till it worked. I am really grateful for this and thank you from the bottom of my heart."

**Ms. Shivapriya P., Student of Standard XII, S.B.S. Mootha Girls Senior Secondary School Chennai:**

"My anger has reduced because of practising Light Channelling and my concentration power has increased. I never used to sit silently in one place but now I am doing that. Also I have become very close and a friend to Light. I call Light whenever I want and when I have some problem by doing Light Channelling. I am getting more energy from the Light which enables me to be very fresh throughout the day. I share all my thoughts with Light and I feel that It tells me what is good and bad in my thought."

**Ms. Suguna P., Student of Standard XII, S.B.S. Mootha Girls Senior Secondary School, Chennai:**

"I used to fight with my friend and always be angry and sad. But after I started practising Light Channelling I get connected to something and feel very good, relaxed and joyful. Like, I am born again in this world. Whenever I feel tired or confused I connect to Light; after that I feel fresh and as if some power has entered into me. I am thankful to Light."

**Ms. Swetha Rajeswari V., Student of Standard XII:** "It (Light Channelling) gave me a wonderful experience. By channelling Light I have understood myself better. My anger is controlled and I feel peace inside myself. I have confidence that I can do anything. Earlier I used to get scared of dogs. After practising this for two weeks, I am able to walk freely on the road without getting afraid. I am very happy."

**Mr. Karthika S., Student of Standard V, St. Joseph Xavier R. C. Primary School, Kulasekaran Pattinam:**  
"After starting Light Channelling practice, I see good changes in me. My anger is reduced and I have become more active. I had difficulties in reading English. Now I am able to overcome that. My memory and handwriting have also improved."

**Ms. Karunya S., a student:** "Light Channelling is a good way to connect with God. I feel fresh, energetic and enthusiastic after practising Light Channelling. It gives me peace and makes my mind calm and clear. I can take proper decisions. I practise Light Channelling whenever I feel depressed or confused about anything and my anger reduces. I often practise channelling before I start reading. This increases my memory power and gives positive energy."

**Mr. A. Vijay Kumar, Student of Standard IX, Chennai High School, Chennai:** "Light channelling brings wisdom, intelligence and knowledge. Because it deals with anger, my mind is peaceful. During these three days of practising Light channelling, I felt as if I was shining in Light. I like Light channelling very much. I express my thanks to the teacher who taught me this technique."

**Student, St. Antony Girls Higher Secondary School, R. A. Puram:** "While coming to school I was in deep sorrow as my grandfather had passed away. This practice wiped out my sorrow."



**Village students channel Light after free tuitions at Manasa Foundation's Jyoti Project.**

**Meditators channel Light at Indiranagar, Bangalore.**



## Improving memory and concentration with Light

Sit quietly and comfortably facing North. Close your eyes and breathe slowly for a minute. Relax. Then, think of Divine White Light in your head. Be aware of it filling your head for about three minutes (minimum) to seven minutes (maximum).

Practise this in the morning and, students if possible should do so before beginning their studies or before writing exams. This practice helps in assimilation of knowledge, storing it in our mind and retrieving it when we want it.

**Seeking help from Light:** A person wanted to understand from Guruji Krishnananda why Light does not grant all our wishes. He wanted to know why when we pray to the Light for help, sometimes we receive the help and sometimes we do not. Guruji explained that the Light knows what is best for us and what is not. Even if we think we are wise, our wisdom is nothing compared to Light's Wisdom. Guruji emphasized that we should always remember that Light has Supreme Intelligence; that Light is God's Energy.

The Light knows the past and the future. When we ask for something, the Light knows whether it is going to be good for us or not. People pray and ask for many things, good things as well as not so good things. Even if we believe that we are asking for something good, we might be asking for it at the wrong time. There could be so many factors unknown to us.

The Light definitely wants to help us and grant us whatever we ask for, but sometimes, the Light does not oblige us. We have to understand and accept that even when we think that the Light is not helping us, It will be by not helping in the way we expect. If we have great love for the Light, we will understand and trust the Light completely. We will trust the Light's discretion, judgment and accept it totally. We will be able to accept the Light completely when we align with the Light and make Light our inner guide.

When we accept the Light with all our faith, Light will always guide us properly.

Following are the benefits received by students after channelling Light.

**Mr. Sushmit Jain, Student of Standard VI, S. D. M. Higher Primary School, Ujire:** "Changes happened in my life after learning Light Channelling. There is more concentration in studies and more respect towards parents."

**Mr. Nandeesh Y., Student of Standard X, Shree Maruthi Vidya Mandir, Bangalore:** "When I was in 9th Standard, I was very poor in Maths, Science and English; but now I am getting more marks in all subjects because of Light Channelling. I am practising it daily in the morning and evening. I experience Light and I am healthy physically and mentally."

**Mr. Manoj D., Student of Standard IX, St. Philomena Public School, Bangalore:** "After I started practising Light Channelling my mind became free. Compared to last year this year my memory power is more."

**Ms. Ritika Siyal, Student of Standard VI, Prasiddhi School, Bangalore:** "I had a wonderful experience practising Light Channelling. It really activated all my sleeping cells and actually showed me my potential. It is very helpful for children like us as it improved my concentration. The silence prevailing for those 7 minutes was very pleasurable and just awesome. And on behalf of Prasiddhi I extend a heartfelt gratitude and thanks to Manasa Foundation to be kind enough to share with us this wonderful key to the treasure box of success."

**Ms. Reshma Sahithi D., Student of Standard IX, Kendriya Vidyalaya – II, SVN, Visakhapatnam:** "Light Channelling was a good and pleasant experience for me. It helped me a lot to concentrate on my studies and I got very good marks. By doing it daily twice everyone can be away from stress and tension. It is very good for our health also. Thank you for giving me this opportunity"

**Ms. Swapnil, Student of Standard IV, Saraswati Model School, Dwarka:**

"I channel Light everyday at home. Now I get full marks in Maths."

**Ms. Chaya, Student of Standard XI-B, BBMP Girls PU College, Dispensary road, Bangalore:** "When I opened my eyes after channelling Light, I felt everything around me in blue colour for some time. When I did Light Channelling, I found that I am able to study better and understand the lessons better."

**Mr. Niranjan K Badami, Student of Standard IX, M.S.R. Vidyaniketan, Bangalore:** "I am very happy and excited because after channelling Light for two weeks, I have improved concentration power and now, I am able to read more."

**Mr. B. Chandra Shekar, Student of Standard IX, M.S.R. Vidyaniketan, Bangalore :** "I am very happy to tell you that after channelling Light for two weeks, I have improved my concentration power, and now I am able to learn more. My mother is very happy and she is praising me. I am teaching my brother and sister. Thank you for teaching Light Channelling."

**Ms. Vasanthi, Student of Standard VII, Government Higher Primary School, Parangipalya, Bangalore:** "We had difficulties at home and I used to forget whatever the teacher taught. My mind was not peaceful. After the Light Channelling I felt peace of mind. All difficulties went away. I was able to re-collect all that the teacher had taught us."

**Ms. E. Pavitra, Student of Standard VII, Government Higher Primary School, Doddakannelli:** "After learning the Light Channelling technique I practise daily without fail. Due to this my concentration and memory power have increased. I also got many other benefits. My heartfelt thanks to Guruji Krishnananda."

**Ms. Divya, Student of Standard VI, Panchayat Union Middle School, Poigaikaraipatti, Madurai:**

“My memory power has increased, concentration has enhanced and I can concentrate on my studies due to Light Channelling.”

**Mr. Muthuraju, Student of Standard VII, Panchayat Union Middle School, Naickenpatti, Madurai:**

“I am able to concentrate on my studies better.”

**Mr. Saurabh S. Pawar, Student of Standard VIII, Vishwakarma Vidyalaya English Secondary School, Pune:**

“When I practised Light Channelling I felt relaxed and fresh. My concentration power has increased. Earlier if anyone teased me I used to get angry with that person but after doing this Meditation I have become peaceful. I was afraid of history and civics but this Meditation has removed all my fear.”

**Mr. Nagarjuna Rambabu Vatti, Student of Standard VIII, Vishwakarma Vidyalaya English Secondary School,**

**Pune:** “When the Light Channelling technique was taught I felt there was a drastic change in me.

I experienced the feelings of happiness, peace, positivity and much more. Before this session my feelings and my thoughts were very negative. I was not able to concentrate on my studies and was losing my confidence. But after attending this session there was a change in my character.

My thinking became positive and I started gaining self-confidence again.

“During my Unit examinations, just before studying I used to practise this technique for 7 minutes every day and I got very good results. Until 7th Standard I was weak in Marathi. But now there is a vast improvement. Now my grades are at the top position. Through this Light Meditation we can make any hard work easy.

We can face any problems positively and can pick out solutions in a peaceful manner. Thank you.”



**Ms. Anjum B. R., Student of Standard IX, Raghavendra English School, Bangalore:**

“After Light Channelling I feel better and my concentration increases and I can study well.”

**Ms. Uma, Student of Standard VIII, Sree Sajjan Rao Vidya Samshe, Bangalore:** “I feel my memory has improved. Fear during tests has reduced. I am more at peace and this makes me feel that I will not commit mistakes.”

**Ms. G. Nagamma, Student of Standard VII, Chennai High School, Chennai:** “After I started practising Light channelling, I could remember the portions I had studied and I could also change my nature of crying for small reasons. It also brought me peace of mind.”

**Ms. R. Jeya, Student of Standard XII:** “My attention span has increased and I am able to focus on a single subject for a longer period of time without getting bored or distracted. I am able to control my anger to some extent and my problem solving capability has improved.”

**Ms. L. Subha Laxmi, Student of Standard XI, Valliammal Girls High School, Kulasekaran Pattinam:**

“I practise Light Channelling every day. It helps a lot during exams. My memory has improved. Now it has become possible for me to understand even the difficult lessons.”

**Mr. Muruga Laxmi K., II Year, Valliammaiyan Hindu Teacher Training Institute, Kulasekaran Pattinam:**

“When I practised Light Channelling I could feel my mind becoming very light and I could focus on my studies according to the requirement. My lethargy is gone. My memory has improved and I am at peace. Gradually, I have started channelling Light more and now I feel I receive Light fully. Also I feel I am healthier now. Thank you for teaching this technique.”

Following are the comments by Teachers after their students benefited from channelling Light.

**Ms. Malini S., a Headmistress at the Corporation Boys' School, Bangalore:** "When the volunteers from Manasa Foundation spoke about Light and Channelling, I did not trust Light. When I had the challenge of handling a bunch of students least interested in studies and with board exam results on hand, I started to experiment with Light. I started conducting Light Channelling sessions during the school Assembly. When I had lost all hopes, regular Light Channelling helped us achieve a wonderful result of 85%. Thanks to Light and Manasa Foundation. I experience a sea change in and around me."

**Ms. Hamsavati, Teacher, Jyothi Project, Taponagara, Bangalore:** "Earlier, Sindhu T., a student of 4th Standard, was not able to speak clearly, and she used to keep on writing without concentrating on what she wrote. After practising Light channelling there is an improvement in her writing and reading. She has become active and asks for homework. She now enjoys her studies."

"Prakruti of 1st Standard, cannot speak properly and when called she shudders with fear. After Light channelling she is improving. Now she is normal in her studies, she is punctual and speaks normally."

**Dr. Charusheela Birajdar, a Teacher and Mediator:** "For the last three years my son has been consistently scoring 75% marks in all exams. This year he has been regularly channelling Light and has secured 83% marks in his 8th Standard exam. Now he looks more confident, strong and sturdy."

"My eight year old daughter is also channelling Light and showing progress in her school studies. Light Channelling can create wonders and my lifetime is not sufficient to express my gratitude."

**Ms. Swarnalatha, Corporation Girl's High School, Shrirampuram, Bangalore:** "We have been practising Light channelling everyday in our school since February 2010. Though the students were not very good in studies 90 out of 110 students have passed the S.S.L.C exam this year. Our School stood first in S.S.L.C. results scoring 82% among all Corporation High Schools. And one student scored the highest marks of 92%. This result is the outcome of our regular Light Channelling sessions. And I am grateful to Light."

**Ms. S. Vimala, Head Mistress, B.E.L. Primary School, Bangalore:** "Manasa Foundation is spreading Light to the whole world through children. They taught our students Light Channelling and its benefits. Since then our children are channelling Light for three minutes daily in the class rooms. Because of regular channelling their concentration and desire to study has increased. I thank you on behalf of our school and students."

**Ms. T. R. Padma, Teacher, Geetha Higher Primary School, Jayanagar, Bangalore:** "My daughter Uma had no interest in studies, so I assumed that she would discontinue. After practising Light Channelling, now, my daughter has developed a desire to continue her studies and has secured 80 to 95% in the first semester. This has made us very happy."

**Mr. Thilagam A., Asst. Teacher, Raghavendra English School, Vidyaranyanagar, Bangalore:**  
Light Channelling was a great experience for me. In the beginning I could not feel anything but after continuous practice I feel that my headache, stress, anger have become less and I always have good experience with my children. When they also started doing Light channelling they started cooperating with me, and their concentration and memory power have developed.

**Ms. Nalini Karanth, Teacher, S.D.M. Higher Primary School, Ujire:** "Since four years, before beginning the class, I make my class students practise Light Channelling. I have observed that their concentration has increased and they have developed interest, love and also respect for studies. The children participate with interest and they teach this to their siblings. This year I made the students of 2nd Standard practise this daily and they have become very active. I retired this July. On the last day I prayed to Light and Rishis before going to meet the school authorities. They gave the permission to continue in this academic year. I bow to the miracle of Light."

**Headmistress, Chennai High School, Kanniappa Nagar, Chennai:** "From 24.01.2012 to 02.02.2012, Light Channels Volunteers from Manasa Foundation taught our students and teachers the Light Channelling technique. This technique was taught class-wise initially and then at the school assembly for three days. The students say that it helped them experience peace and concentration. By such an improvement in their power of concentration, they feel that they can be better in their studies. We extend our sincere thanks to Manasa Foundation for sharing this technique with us."

**Ms. Deivanai, Principal, Chettinad Hari Shree Vidyalayam, Chennai:** "It is with a lot of gratitude that I am penning this letter (to Manasa Foundation). It is certainly our fortune that your organisation approached us with an offer to conduct a session to train our children in Light Channelling. We have just initiated Meditation in school and your sessions have been both timely and rewarding. Though we were initially doubtful about the extent to which it would be beneficial for the younger age group, we are delighted to share with you that it is this age group that has been the most receptive. We have made Light Channelling a routine and hope to continue this practice in the future. Thank you once again for this invaluable opportunity."





# Light Channels Volunteers

## The Revolutionaries of Light



# Revolutionaries of Light

The demography of around hundred Light Channels Volunteers Team, cuts across many social and educational backgrounds, and spans from cities to towns. As beacons of Light, the Volunteers make sacrifices, small and big, and work undeterred by obstacles. It is not easy to convince authorities that the Light Channelling technique works, and yet it is taught within three to ten minutes, **absolutely free** with no commerce involved at all.

Each Light Channelling session conducted anywhere, especially in a school, is preceded by a process of seeking approvals from the concerned authorities. Post confirmation, meticulous planning goes into allocating the session to the Volunteer who can afford the time. Once a session is conducted the details of number of participants, experiences, etc are directly uploaded into our computer systems via the Internet. Our special software, created by one of our full-time Volunteers for the job eases the reporting process.

To streamline the entire procedure, Volunteers work with a network of Area Co-ordinators and their Team Members to take care of various geographical zones. This also helps avoid multiple visits to the same institution.

A Volunteer who is a senior citizen takes public transport buses to conduct a session in a school; a house wife manages to teach Light Channelling in between cooking breakfast and lunch, all the while fulfilling her responsibilities towards her family. Volunteers employed in the corporate world, take early morning sessions in schools and then reach their offices on time. Some even travel distances to villages and towns to help others with Light. Come rain or shine these awakened Souls carry Light everywhere.

Imbued with the virtues of humility and positivity, the Volunteers act as an interface for the Divine Light.

Unencumbered by the barriers created by religious dogmas, they teach a Spiritual and Universal approach to bring Peace and Love. Their selfless service to humanity and unshakable dedication to Light, to Guruji Krishnananda and to the Rishis is awe-inspiring.

In less than four years, since the Light Channels Volunteers started approaching educational institutions, **more than 25,00,000** school students, teachers and countless others have been taught Light Channelling. Out of the 4305 schools which have had sessions, 1140 schools with a total of 5,18,000 school students are now channelling Light regularly in their routine assembly.

To further acquaint good souls with the self-empowering, powerful yet simple technique of channelling Light, some Volunteers have taken the initiative and started Regular Light Channelling Centres. Anyone can walk into the half hour sessions to heal oneself and the world. Participation is free.

In our world full of political and social tribulations, increasing financial and natural disasters, soaring unemployment, pollution of all kinds leading to diseases, there is hope. The Divine Forces work extraordinary feats through ordinary men and women, like the Light Channels Volunteers, determined to dawn the Light Age.

Doing full justice to their everyday responsibilities towards family, career and life, the extraordinary efforts made by the Light Channels Volunteers, to make this world a better place exalts them as the Revolutionaries of Light.



**Mr. Manikandan Baskaran, a Mediator and a Light Channels Volunteer:** “When I completed a Light Channelling session for 5th Standard students, at least eight children joyously said they could see Divine blue coloured Light. Mostly after sessions, I see at least one student's eyes filled up with tears of Love and Joy. I thank Rishis and Guruji for giving me an opportunity to participate in the Revolution by Light.”

**Mr. Ravinder Gour, ex-professor of Mathematics says, :** “In BES School, Hebbagodi, during the entire Light Channelling session I was continuously experiencing the presence of a special energy. It kept me in a deep meditative state with eyes wide open.”

**Ms. Anitha K. A.:** “Ms. Renuka, a teacher in Mewa Primary School, Bangalore, starts the class every day with Light Channelling. She has maintained a book for Light Channelling, in which she notes down which student is absent and for what reason. If the reason is health she notes down the name, the nature of problem and date. Then she asks other students to send Light to that student. When the student comes back to school she enquires about the health and narrates how other students helped by sending Light. Then she puts tick mark in the Light Channelling book. It is amazing that she has made this as a routine in her school.”

**Ms. Jana Sumathi, a Mediator and a parent from Chennai says:** “After the Light Channelling session at Ravilla K.R.A. Vidhyashram Matriculation Higher Secondary School, a student Ms. Akila had tears in her eyes. All she could say was - 'The Light was very bright.' When the students opened their eyes they were beaming. They said that they could not open their hands and eyes. They could feel the Divine Energy in them.”

**Ms. Kavita Kanade, Light Channels Volunteer, Mediator and a mother of two:** “On 1st February 2010, at Vagdevi Vilas School, as soon as I opened my eyes after the Light Channelling session, I saw blue coloured Divine Light that had filled the ground as well as the children.”

**Mr. Vinu Varghese - Software Engineer, Meditator and a father of two says:** "After the first Light Channelling session at our Regular Light Channelling Centre at a temple premise in Cooke Town, one lady commented, 'Usually we gossip, talk and make a lot of noise after we come out of the temple, but today for the first time we are all so calm and quiet, and we feel peaceful within.' One lady's eyes filled-up with tears so much so that she could not say anything. The temple priest said that while channelling Light he felt some cold shivering in his body after two minutes."

**Mr. Santosh Kore, from Solapur:** "On 1st January we had to conduct a Light Channelling session in Shri Veertapasvi Channveer Shivacharya High School, in Solapur at 12 Noon. The afternoon Sun was blazing hot. We requested Light to help us. To our surprise at 11.45 AM, clouds started appearing in the sky above the ground where prayer was going on. I could conduct the session for 15 minutes as the Sun was obstructed by the clouds. I thank Master V, Maharshi Amara and Guruji for such Divine experiences."

**Ms. Uma Maheshwari, ex-High School teacher:** "In some classes after the channelling the teachers request me not to end the session i. e. not to ask the students to open the eyes till the end of the period. They say that the children are uncontrollable and teachers enjoy the calmness of the class and the students. After each session we could see the smiling faces of the children. I could feel a kind of satisfaction on the faces of the students and teachers when they say that they felt fresh and calm and also feel satisfied and happy. Light channelling has given me a lot of patience and exposure."

**Ms. Seema Almel:** "During a Light Channelling session, a bubbly girl kept giggling making other students laugh along. This disturbed the session. I prayed to Light to help this student become quiet. In a minute she became serene, the look on her face was that of someone who had meditated for hours. When we closed the session, there was a beautiful deep smile on her face. Indeed, she had experienced Light."

**Ms. Hemalatha Pramod, Meditation Teacher employed at private firm says:** “During a Light Channelling session in Government High School, Immadihalli, we felt unusual Peace. I sensed something very rare there. After the session Ms. Pavani, a 10th Standard student shared her experience and as she spoke, she could not control her emotions and just ran away. From her expression we could tell that it was an extraordinary experience. We understood that it was because of this one wonderful soul there was so much Peace. Personally, it was a very satisfying experience for me. On 4-11-2010 after we reached RBANMS Girls High School in Bangalore, we realized that we were not prepared enough. I prayed, 'God please help'. Next moment, I felt God descending down. During the session I could experience Light.

“Surprisingly, after the session, one of the teachers Ms. Jamuna started her speech with these words 'Children, today we felt God descending down here. We experienced God and we thank teachers from Manasa Foundation for coming and teaching us Light Channeling.' Exactly the words that I had felt! I thanked God and Light Masters.”

**Ms. Prathibha P. B., Software Engineer:** “After the Light Channelling session at Dilsukhnagar Public School, Hyderabad, many students came forward to share their experiences. One girl mentioned that while she was channeling Light, she felt she received a lot of knowledge and also felt on top of the world. She also mentioned that she had a strong urge to not just keep the Light in her but to spread it to everyone in the world.”

**Mr. Praveen, Software Engineer:** “After conducting the Light channelling session at BET Convent, Bangalore a student said that he felt a lot of vibrations in his body. Another student said that she experienced calmness and was able to remove her bad feelings and felt very fresh.”

**Mr. Manoj Deshpande, a dedicated Light Channels Volunteer and a sincere Meditator, shares how Light helped him:** "On 18th July, 2013, after reaching the bus stop I realized that I had left my mobile phone at home. Going back would have caused delay in reaching the destination where I had to meet another Light Channels Volunteer, Mr. Guruprasad, and visit a school for a Light Channelling session. Although we had pre-planned about our meeting point and the location of the school, etc there was every possibility for confusion to creep in without any means of communication between us.

"With the belief that the Light will take care, I got into the bus and realized that I could communicate with him via Light. I sent a message to him in a globe of Light. Both of us reached at the same time even though we had to change two buses! He was not aware of my message. But in spite of being late he had no panic or urgency to reach the destination since he too had prayed that he should reach at the right time. The Light Channelling session was conducted successfully. It has become a part of life to receive Grace from Rishis and Light. Perhaps, this may be the only work where one feels proud and humble at the same time for being able to spread the Light and Love to the entire world."

**Mr. Swaminathan, from Madurai:** "I had been frequently visiting Appar High School for the past three years to get permission for conducting Light Channelling session. On World Channels Day, 1st February, I visited the school unplanned and met the principal. Before I could ask permission she permitted me to conduct Light Channelling sessions for 700 students of middle level. I could conduct three sessions. I thanked Guruji, Rishis and Amaraji for this sudden development."

**Mr. Manoj Chopra, Light Channels Team Leader:** "After a Light Channelling session in Malleshwaram one of the teachers was in tears. She said, 'I experienced God near me.'"

**Dr. Dhanashree Kulkarni Patki, a physician, Meditator and Light Channels Volunteer from Pune says:**

“After conducting a Light Channelling session at NMV High School, many students told us that they had never experienced so much Peace and LOVE before. They assured us that they would teach the technique to their parents as well and regularly practise the technique.

“After a Light Channelling session at Maharshi Karve Shikshan Sanstha's University High School, the teachers told us that they were pleasantly surprised to see their students sit in silence. They promised to regularly practise the Light Channelling technique.”

**Ms. Nithya James, shares a unique experience:** “The Headmaster of a school did not give us permission to conduct Light Channelling last year. I wanted to take permission to hold a session on World Channels Day on February 1st in this school. While waiting outside the Headmaster's Office, I started channelling Light to him and conveyed with it whatever I wanted to say. He came out after a while, just looked at me and asked when I wanted to conduct the Light Channelling session. It was amazing how he remembered me after almost a year and immediately gave me permission. Words were not needed; Light spoke for me!”

**Mr. Hemant Sharma, Volunteer:** “In one of the schools, a Light Channelling session got cancelled. There was some misunderstanding. The Principal seemed a little unhappy and angry with the situation. Immediately, I prayed to Light and became aware of Light within me. I also said sorry mentally and channelled Light to the Principal. In the evening when I went to meet him he was calm and ready to listen. The issue got resolved instantaneously.

“I somehow knew that Light had worked. The ways of Light are mysterious, but they work unfailingly.”

**Ms. Jaspreet Kaur:** "When the students of Class X, Cantonment Board, Mehram Nagar were asked to open their eyes after Light Channelling almost 70% of them kept their eyes closed. I could feel so much Grace at this moment that my eyes overflowed with the love that was present in the room.

"In a residential school even as the Light Channelling session was in progress, some children were whispering, others were yawning loudly and some opened their eyes. This made me angry. Immediately, I became aware and said 'Light' and instantly I was at peace. This happened thrice during the session. I learnt important lessons. Light made me aware of my anger and also, gave me peace thereafter. I also realised that I should not impose my beliefs and experiences on people, reiterating the fact that I am just a tool in the hands of Divine Forces. Today, the students in an assembly behaved similarly and each time, I just smiled. Rishis are indeed working through us.

"We approached a few schools and sessions have been conducted. There wasn't much of an effort from me to receive permission from the school authorities; it was as if they were waiting for me to come! I just prayed to the Sapta Rishis, Guruji, Amaraji and Vishwamitra Maharshi. Guruji has simplified our lives and made it useful and worthwhile."

**Mr. Swaminathan C.:** "When I visited Kanyakumari on a Saturday the sky was overcast and I learnt that people had not seen the Sun for a couple of days. On Sunday night the city experienced a heavy downpour. I was a bit shaken because I had fixed Light Channelling session for the next day. I prayed to Rishis and Guruji for a clear sky on the next morning, so that I could conduct the Light Channelling session without any problem. Surprisingly, when I woke up the sky was clear. I thanked Rishis and Guruji in my heart and went to the school to conduct the session."

**Ms. Nirmala Bala:** "On the second day of volunteering I had to conduct a session alone. According to my nature I would have been nervous and tense. I requested Light to be with me. Not only did the session proceed smoothly I even got permission to conduct session in another school. I was unusually calm that day and it was clear that Light had taken over. We see miracles happen. The most difficult people suddenly give in, things fall in place unexpectedly. Somehow neither hunger nor thirst, even age or health, do not obstruct. Such silent blessings humble and purify us.

"While exploring new schools, getting appointments and conducting sessions, I was happy to note that more people are warming up to Light. I wanted to introduce Light to the school where I studied and nearby ones too. It was heartening to see the local village people welcoming Light readily. School authorities listened eagerly and granted permission immediately. Some called to request for a session. It looked as if these people were waiting for Light. Teachers were grateful and students connected easily and were with the Light throughout the sessions.

"In one school, children were very noisy. But after the session, the Headmaster was surprised at the pin drop silence and agreed to regularly conduct Light Channelling in his school. When I called him for confirmation of participation on World Channels Day, February 1st, he told me to hear the reply from the students themselves and it was a deafening 'Yes'!

"Throughout and since, I feel communication is between the souls, and words as well as expressions play a minimized role. It makes me feel humble to be a miniscule part of this huge ocean of Love. Gurujii's hope of transformation of humanity is unmistakably visible, audible and palpable now."



**Light Channelling session at a  
Regional Light Channelling Centre  
in Bangalore.**

**Light Channelling session at a  
Regional Light Channelling Centre  
in Madurai.**





## Visions and Experiences of Light

Light is God's Energy. It is too subtle & It vibrates at a very high frequency. There are many ways of sensing this Energy. When you feel Peace, calmness and contentment then you are experiencing this Energy. Some with active higher faculties can even see Light, however experiencing Light as Love & Peace is more important than seeing It.

There are some who have had visions of Light. Some have experienced the vibrations of Light while others have received messages. Children, due to their natural purity, tend to see and sense Light easily. Since Light is the Source of all that is, It is the composite of many different types of Energies and It can bring any and every kind of relief. This is why some see Light in blue, golden, green, pink or some other colour, even though we prescribe white Light in the technique.

Whether you sense it or not, see it or not, be in the space of knowing that energy follows intention. Observe the circumstantial impact of channelling Light over a period of time. Don't try to see; just intend & be; as you increase your practice of channelling Light, someday you might just experience Light.

Light Channelling when done in the meditative posture regularly over extremely long periods of time can not only remove Karmas, but also result in the ultimate goal of Enlightenment. This may sound unbelievable but this is what the Rishis say. And as is with any Spiritual and metaphysical reality, only firsthand experience can result in belief. When channelling Light the direction in which we sit in Meditation does not matter. No mantras are required to experience God or Light.

The most important benefit of the Light Channelling technique is that it can be done on the go! Since channelling is all about intending, it can be practised while walking, talking, watching TV, relaxing on a bed, etc. Anything can be purified and blessed by sending Light.

**Ms. Mala Suresh, Meditator and Light Channels Volunteer:** "While a Light channelling session was in progress in Government Higher Primary School, Vidyaranyapura, Bangalore, I observed that one of the girls, Vidya was sitting completely focused and in a perfectly straight posture, like a Rishi meditating in Samadhi. Her body was emitting a yellowish pink colour Light. She looked as if the moon had descended on her, shining beautifully with a soft yellowish light. After the session, she whispered to me that she felt like she was floating in the air."

**Ms. Sunitha R. Rao, Meditator and Light Channels Volunteer:** "When we conducted the session at Government Primary School in Jogupalya, Bangalore on 20-6-2011, I saw sparkling blue coloured Light for a few seconds as soon as I closed my eyes. After the session Shafia, a 7th standard student said that she felt the bright Light entering and spreading through her. When she opened her eyes, she saw the entire surrounding filled with blue Light. It was really amazing."

**Ms. Geeta Joshi, Meditator and Light Channels Volunteer:** "On 21st September, Saturday, as we all were getting ready to channel Light at the Light Channelling centre in Pune, I closed my eyes and offered respects to Guruji and Rishis. Then I saw a small dot of white Light which grew bigger and brighter. It was so bright that I felt like closing my eyes. It stood for some time and then vanished. A few moments later, when I opened my eyes I realized that there was no electric lamp or any other light in that corner. Feeling blessed, I continued channelling."

**Mr. Ranjan, a Parent at D.A.V. Public School, Delhi:** "Few days ago, I felt there is a ball of Light above me and I asked the Light to be with me and guide me. I often feel the presence of Light and ask it to direct me from time to time."

**Ms. Vaishali Prashant Keluskar, Swami Samarth Temple, Kurla (East), Mumbai:**

"I felt that I was uplifted from the body and moving from darkness to Light."

**Mr. Vinu Varghese, Meditator and Light Channels Volunteer :** "I visited St. Aloysius Boy's High School in Bangalore. The Physical Training Teacher conducted the Light Channelling session. It was the best session I have ever attended. I observed that he has understood the essence of Light Channelling one hundred percent. During the session, I was able to physically experience a lot of energies flowing all through my body. It was very intense and continued for another half an hour after the session was over. It is difficult to put this experience completely into words. I thanked him for the wonderful session. I felt very happy and satisfied to see and experience our team's efforts bearing wonderful fruits."

**Mr. Sudeep Jayaram, Meditator and Light Channels Volunteer:** "Once, I felt Rishis telling me to sit through the entire one hour. After more than an hour, I opened my eyes and saw Light everywhere. I was feeling weightless and it felt strange to move my body. I did not speak for some time."

**Ms. Raje, Teacher, St. Loudes High School, Mathikere, Bangalore:** "I could really feel the Light descending down into me and could experience Light around me, in my family, house and school."

**Ms. Sameera, Teacher, Reliance Public School, Bangalore:** "During the Light Channelling Session, I saw a ball of white Light moving in front of my eyes. It was very nice. Thank you for coming and teaching us."

**Ms. Thorat, Baburao Sanas Primary school, Pune:** "I felt as if the school and the students had disappeared and I was in some silent world, the noise levels had gone down and there was Stillness."

**Ms. Prema, Teacher, Apollo Convent School, Bangalore:** "The moment I closed my eyes I was oblivious to the surroundings. Every part of my body received Light, and I felt as if, everybody in the surrounding area was receiving it and was conscious of it. I feel really very nice."

**Ms. Suguneshwari, Teacher, Citizen's High School, Pillana Gardens, Bangalore:** "This was a very good experience. I could hold on to the thought of Light reaching everywhere in the world and feel the brilliance of Light everywhere. Now my mind is calm and I feel relaxed."

**Head of Silver Drops High School:** "I liked the Light Channelling technique very much. I experienced a lot of energy while channelling. One of our teachers said that she could not open her eyes and unlock her fingers after the session. Many students informed us that they felt very relaxed yet energetic; some even saw the Light everywhere."

**Mr. Madi, Teacher, Panchayat Union Primary School, Okkiyam Thuraipakkam:** "I practise Light Channelling with the school children. I have experienced that they bring more energies. After ten minutes of practise I cannot open my eyes. Even after opening our eyes we all will not be able to talk for some time."

**Ms. Spoorthi Shankar, St. Francis High School, Bangalore:** "During the Light Channelling session on 1-7-2010, I felt completely immersed in Light and I felt one with It. When I opened my eyes, I could only see Light everywhere. I am now practising Light Channelling regularly."

**Mr. Clement, Navodaya Vidya Niketan, Bangalore:** "When we closed our eyes, first it was dark and slowly it felt like the sun rays fell on my eyes. You gave us a nice experience."

**Ms. Soni, Student of Standard VI, Vijetha Talent School, Hyderabad:**

“Experience of Light was nice; I felt like I am only Light and my body was covered with Light.”

**Ms. Dhanalakshmi, Student of Standard II, Christ King Public School, Bangalore:**

“I could experience the Light.”

**Mr. Abhilash, Student of Standard II, Christ King Public School, Bangalore:**

“I was able to see blue colour Light around me.”

**Ms. Vedanti Bhave, Student at MIT, Pune:** “I experienced Love.”

**Mr. Dnyaneshwar Kadam, Student, MIT, Pune:**

“I felt that I was sitting near a Guru and he was giving me certain instructions.”

**Mr. Dipanshu, Student of Standard XII, Rajkiya Vikas Vidyalaya, Dwarka:**

“I could feel the Light and see it. It is beautiful.”

**Mr. Aditya Negi, Std. IV, Saraswati Model School, Dwarka:** “I could feel Light in my body while channelling.”

**Ms. Madhavi M., Student of Standard V, Government Higher Primary School, Bangalore:** “While channelling

I felt as if my body was full of Light. I was very happy. I felt I got power and more intelligence.

I like it and feel like practising daily.”

**Ms. Sangeetika, Student of Standard IV, New Lilly Model School, Secunderabad:**

“I felt white Light in my eyes.”

**Mr. Kaushal, Student of Standard IV, New Lilly Model School, Secunderabad:** "I felt full of Light."

**Ms. Pratiksha Raju Chodne, Student of Standard VII, Balwikas Corporation School, Lokmanya Nagar, Pune:**

"I felt very nice and happy. I felt as if I was in heaven. Our class was filled with Light and slowly it spread outside and reached our homes. First time I felt very nice and that there should be peace on earth like this. I thought I was dreaming. I thank you for teaching me this technique."

**Ms. Jyothi B. M., Shree Maruthi Convent, Bangalore:** "I experienced the Light ball filling my head.

It was a mind-blowing experience. I practise daily in the morning and evening and in school for three minutes. I thank you and Manasa Foundation."

**Mr. Sunil B, Student of Standard X, Holy Cross English School, Bangalore:**

"My mind was relaxed and free. I felt the Divine peace of Light and Love."

**Ms. Rinka, Student of Standard IX, Shree Vinayaka Vidya Kendra, Bangalore:**

"I saw different colours of Light in front of my eyes."

**Ms. Sridevi, Student of Standard IX, Shree Vinayaka Vidya Kendra, Bangalore:** "When I was channelling Light,

I saw a blue colour Light with pink patches in front of my eyes. Afterwards, I felt very calm and all the tensions in my mind faded away."

**Mr. Mithun, Student of Standard XII, Sree Saraswathi Vidya Mandheer, Mettupalayam, Coimbatore District:**

"I saw Light spreading throughout the globe."

**Mr. Harisaran, Student of Standard VIII, Ariyava Montesorri Matriculation School, Madappuram, Sivaganga District:** "After Light Channelling my brain is full of white Light."

**Mr. Vinoth, Student of Standard IX Ariyava Montesorri Matriculation School, Madappuram, Sivaganga District:** "I had the vision of a white ball of Light."

**Ms. Deepa, Student of Standard IV, St. Loudes English School, Bangalore:**  
"I felt very bright and could feel very bright Light."

**Mr. Varun, Student of Standard IV, St. Loudes English School, Bangalore:**  
"When I closed my eyes while doing Light Channelling I saw blue Light."

**Ms. Shweta Masle, Student Standard IV, S.P.D. Samant School, Mumbai:** "I felt I am going into the Sun."

**Mr. Abhishek, Student of Standard IV, St. Loudes English School, Bangalore:** "I could see green, blue Light."

**Ms. Payal, a child who participates in the Light Channelling Centre at Thane:**  
"When I was spreading Light to the world, I saw the world covered with white Light. I am feeling good now."

**Mr. Prakasam, Student of Standard VIII, PU School, Andar Kottaram, Madurai:**  
"I felt Light throughout the earth."

**Ms. Sona, Student of Standard V, PU middle school, Poigai karapatti, Madurai:** "I felt Light filling my body."

**Ms. Senkamalam, Student of Standard VII, P.U. Middle school, Madurai:**

"I feel fresh after the session. I saw a golden globe of Light while channelling Light."

**Ms. Mounika, Student, Central Primary School, Hyderabad:**

"I saw Light in everyone and sent it to the whole world."

**Ms. Revathi, Student, Central Primary School, Hyderabad:**

"I felt white Light in me. I experienced it as well as saw it."

**Mr. Vishwanath, Student, Kendriya Vidyalaya Primary School, Secunderabad:**

"I saw Light in me and around the whole earth."

**Ms. Kalpana, Student of Standard X, Government Girls High School, Chikkaballapura:**

"I felt I was not on earth but floating in Light."

**Mr. Manoj V. K., Student of Standard IX, Swamy Vivekananda Rural English Medium School, Anekal:**

"When I was meditating, I saw Light filling up and surrounding my body."

**Mr. Srinivasan, Student of Standard VI, S.M.S.M. Higher Secondary School, Kanyakumari:**

"I had a vision of blue Light covering me and the world fully."

**Mr. Sudhahar Herman, Student of Standard VII, S.M.S.M. Higher Secondary School, Kanyakumari:**

"During Light Channelling I could feel vibrations in my body."



**Mr. Ajith Kumar, Student of Standard X, Citizen's High School, Bangalore:**

"I felt that I was becoming weightless and I became very calm and happy."

**Mr. Karthik, Student, Apollo Convent School, Bangalore:** "I could see the Light even before I could close my eyes; once I did, Light filled every part of my body. And from the place where I was seated I felt the earth was receiving the Light and everyone was happy."

**Mr. Anneesh, Student of Standard IV, St. Charles High School, Bangalore:**

"The earth and my classmates were full of Light. I felt calm."

**Mr. Pavan, Student of Standard VIII, New Era High School, Hyderabad:** "I felt my body was filled completely with Light, everything surrounding me was filled with Light, the whole world was filled with Light, and the whole Universe was also filled with Light."

**Mr. Karthik P, Student, Navodaya Vidya Niketan, Bangalore:**

"I felt bright Light in my body. It was very refreshing and cool in my mind."

**Mr. S. Balaji Kumar, Std. VI, Chennai Middle School, Trustpuram, Chennai:** "While channelling Light for the very first time, I could feel Peace and Light, which is full of Love, entering me. When I opened my eyes after channelling Light, I could really see the whole class filled with Light. I practise this technique for three minutes in the night before going to sleep. I am happy and peaceful when I practise Light channelling. It helps my studies."

## Light Channelling Sessions

**Message for Educational Institutions:** If you wish to have a Light Channelling session conducted in your school / college, kindly contact Mr. Manoj Chopra, Team Leader, Light Channels Team by email: [info@lightchannels.com](mailto:info@lightchannels.com) or [info@lightagemasters.com](mailto:info@lightagemasters.com)

**Message for one and all:** If you wish to join the Revolution by Light, you may channel Light on your own at your residence or visit the Regular Light Channelling Centre (RLCC) in your city. This is a free service. Registration, fees or membership are not required.

### List of RLCCs

#### In Bangalore:

- Monday to Friday 7 PM - 7:15 PM, Sri Siddashrama, 17th cross, Malleshwaram.
  - Mondays 6:30 PM - 7 PM, Anjaneya Temple, Mahalakshmi Layout.
  - Wednesdays 6:30 PM - 7 PM, Maruti Mandira, Vijaynagar.
- Thursdays 6.30 PM - 7.00 PM, Munchkins, No. 890, 38th Cross, 20th Main, 4th 'T' Block', Jayanagar.
  - Fridays 6.30 PM - 7 PM, 'Sumathi', No.481, 7th Cross, 7th Main, J.P. Nagar, III Phase.
- Fridays at 12 Noon, Siddi Vinayaka Devasthanam, 59/1, Hutchins Road, 3rd Cross, Cook Town.
  - Saturdays 11 AM - 12 Noon, No. 312, Phase 4, Golden Park Apartment, K.C.D.C Main road, Bommanahalli.
- Saturdays 5.30 PM - 6 PM, 'Sri Ranga Kalakshetra', 13th Cross, Indiranagar 2nd stage.
  - Saturdays 6:30 PM - 7 PM, Balamuri Mahaganapathi, 8th cross, Near Hoysala circle, Kengeri Satellite Town.

- Saturdays 6 PM - 7 PM, Shiksha Sagar Primary School, No. 77, 5th Main, Postal Colony, Sanjaynagar.
- Saturdays 7:30 PM - 8:30 PM, Gurudwara Sahib, Opp. Anjaneya Temple, Ashwathnagar Main Road, Sanjaynagar.

**In Mysore:** Wednesdays at 6 PM, Infosys Limited, Hebbal Electronics City, Hootagalli.

**In Chennai:** Sundays 10.00 AM - 10.30 AM, 481, SAIPREM, 19th street, 4th sector, K K Nagar.

**In Miraj:** Thursdays at 7:45 PM, Shri Shivarudra B. Belaganvi, A-gat Plot No-135, C/o Shri Swami Samartha Seva Kendra.

**In Tirunelveli:** Daily 7 PM - 7:30 PM, Vadakku Theru, Chella Pillaiar Kulam, A.P. Nadanoor Post, Aalangulam Taluk-627423.

**In Pune:** Saturdays at 6.30 PM, 3-B, Kapila Housing Society, Gokhalenagar, Near Saibaba temple. Thursdays 2:30 PM - 3 PM, Sindhi Mandir, Besides Satnam Textiles, Uruli Kanchan, Haveli District.

**In Solapur:** Daily at 7 PM, Bal Ganesh Mandir, Bushar Peth, Mohol.

**In Visakhapatnam:** Saturdays 7 PM - 7.30 PM, Door No., 14-339/19, Flat No. 207, Sree Mitra Heights, Balaji Garden, Gopalpatnam, Opp. APRTC Bus Depot.

## **Know us better**

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Speaking Tree - [www.speakingtree.in/public/swami.krishnananda](http://www.speakingtree.in/public/swami.krishnananda)

Wordpress - [www.lightchannelsworldmovement.wordpress.com](http://www.lightchannelsworldmovement.wordpress.com)

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## Our Other Publications

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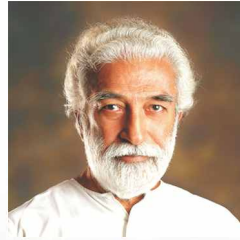
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**Guruji Krishnananda  
(1939 - 2012)**

Guruji Krishnananda was the direct Disciple of Maharshi Amara (1919-1982). He taught Meditation learnt from his Master from 1988 to 2012. He launched The Light Channels World Movement in 2008.

Manasa Foundation, an organisation established by Guruji in 1988 continues to disseminate the knowledge brought down by him and guide meditators based on his teachings.

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