

# Experiences of LIGHT CHANNELS



# **Experiences of LIGHT CHANNELS**

A compilation of Light Channelling experiences  
of School children, Teachers and Volunteers

Compiled by

**Vaishali Joshi and Jayant Deshpande**



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DEDICATED TO

**LIGHT**

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## **A NOTE**

The Light that I am talking of is not the physical one, as we all know. 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.

This Light is energy. It has great intelligence. It carries Love, Peace and Healing energies. It can help us in every way at the individual and at the global levels. The next age that we are shortly entering into is called the Light Age. Every one of us has to carry the Light and spread the Light all around the world to prepare ourselves and the world to enter the Light Age. That is why we have to experience and channel the Light.

When we initiated the Light Channels World Movement in 2008, we found that the response was not really big. Then, we introduced Light Channelling in schools. More than twenty lakhs children have channeled Light so far. We had amazing response and also results. The children, being innocent and pure, could see the Light, experience It and also use It for a good purpose. Their experiences were heart touching. When we decided to arrange The Light Channels Meet on May 7, 2012, we thought that we should present their experiences to the world.

The teachers and the authorities of the schools realised that we did not have any personal agenda. They realised that Light Channelling is a non-religious and non-political Movement. They found it simple and very

beneficial. They helped us to conduct the Light Channelling sessions in their schools. Thus, the Revolution by Light began.

Now, the time has come to expand this into the next level where anyone can channel Light and help oneself and help the world. The world requires this Spiritual push because, very shortly, at the end of 2012, we are going to face great changes due to several astronomical and spiritual occurrences. To face this situation, we have to prepare spiritually. Light Channelling helps preparation. That is why Light Channelling is very important and essential at this point of time.

Light Channelling brings Peace, Purity and Perfection in every system now reeking with corruption and violence. We will witness the collapse of the corrupt systems and emergence of new systems shortly.

We are not helpless. We can channel Light and build up a silent Revolution. We are not alone. We are helped by many Masters and Light Workers working on this earth and from the Astral planes. Let us create new destinies for ourselves and for the world.

On this occasion of Light Channels Meet, I thank the school authorities, teachers and the children for allowing Light Channelling. The experiences printed here, I am sure, will inspire every human being. Let every one join the Revolution by Light.

## **A NOTE**

Like any great event in nature happens silently, 'Light Channels World Movement' also began silently with a small group in a hut at 'Antar Manasa' on our beloved Guruji's birthday, May 18th 2008. Later, Light channelling was introduced to our Manasa family and the Movement began.

On 26th February, 2009, Light channelling was introduced to the world successfully at Koramangala stadium. A huge energy was brought down by the Astral Masters. In 2009, Guruji called for a group who could go and teach channelling to the outside world. A small group of 25 to 30 people joined and had their first meeting with Guruji on August 30th, 2009.

Although the response was not very encouraging initially when we started approaching different people and groups, there was a humble beginning. In November 2009, Guruji suggested to us to approach schools. We were reluctant initially but a few enthusiastic volunteers took the initiative and introduced Light channelling to the schools.

Responses from schools were overwhelming and the children loved channelling. The school authorities and teachers welcomed our volunteers and showered their love and respect. It helped us to build up confidence hence Light channelling work began slowly.

Guruji wanted us to focus on schools as children are pure, receptive and Divine.

Slowly and steadily a bunch of dedicated volunteers were ready for this huge work.

On February 1st, 2010, Amaraji's birthday, our volunteers recognised an opportunity to gift him with Light channelling done by thousands of school children. On that day, with the help of more than 50 volunteers,



more than 30,000 children channelled Light ! This event gave a great momentum to the Light channelling work. After that there was no looking back. Many more volunteers from other cities also joined the Movement and a strong team was formed.

The volunteers' passion and Love to see this world a better place kept this work going on. Apart from meeting authorities in new schools, the schools where we had earlier conducted channelling were also contacted and many of the schools began channelling Light regularly. More than 4 lakhs children of 900 schools have taken up Light channelling as a regular practice daily in their assembly.

On February 1st, 2011, we celebrated the first 'World Channels Day'. On that day more than 4 lakhs children channelled Light !

On February 1st, 2012 the second 'World Channels Day', more than 6 lakhs children channelled Light.

These two big achievements showed depth and involvement of more than 140 volunteers in the work. Their discipline and organised approach made these events successful. Now at the end of April, 2012 more than 20 lakhs children of 2900 schools have channelled Light so far.

This book of Experiences of the Light Channels, is a by-product of the Light channelling work. This also reveals that the children accept Light so easily and they had amazing experiences. Now, the time has come for the elders to follow their footsteps to spread Peace and Perfection on this earth.

I request all the citizens of this world to join this Movement by channelling Light.

## **A NOTE**

When a boy meets with an accident and has to undergo surgery, the entire school channels Light to him and a surgery which normally takes couple of hours is completed successfully in just 20 minutes ! While writing her exam, a girl realises that she has only two minutes left and she has to write two long answers. She prays to the Light and begins writing. After she finishes writing both the answers, she looks at the watch and is surprised to see that she still has two more minutes to wrap up !

Compiling and going through such amazing experiences of the Light Channels was a very enriching and also a humbling experience. The faith of the School children, teachers and the Light Channel volunteers touches me deeply. Behind these touching experiences, there is Love. Love for fellow human beings. And there is Faith. Faith in the Light. Light responds to this Love and Faith with His Grace. His Grace has solutions for all problems, individual or global.

Light channelling is an expression of Love. Love towards this world. It is also an expression of faith in the Light. Those who channel Light to the whole world, they do it with this faith that the Light will bring required changes; the Light will heal; the Light will remove pain and suffering; the Light will remove darkness; the Light will remove corruption. The Light responds to their Faith. This is clearly experienced at the individual, family and group level. The Light is working at other levels also. At the level of societies, nations and the globe. If we observe carefully, we can see the Light working at all these levels.

We are very happy to present this compilation of experiences to the readers. I hope these experiences inspire every reader to become a channel of Light.

May 7, 2012

Jayant Deshpande

**EXPERIENCES  
OF  
SCHOOL CHILDREN**

One evening, I was very tensed about my exams and felt irritated. I started channelling Light. That day I understood the real meaning of my name 'Roshni'. I was feeling as if I was in the clouds and a sparkling Light was entering into my body. My body was full of Light and slowly it became cool and my mind was controlled. It was an energetic experience. I was feeling like I have got everything. I thought and felt that I was an angel of Light and stars. I started reading 'History' which was a difficult subject and I remembered everything. I got nice marks in the class test. Thank you for this.

**Roshni, Std. IX, KV-II, SVN, 104 Area,  
Visakhapatnam**

Before, I could not sit in one place and study for more than half an hour. Now I practise Light channelling before I begin to study and I am able to concentrate and study for 2 ½ to 3 hours without getting up from my seat.

**Krishna Kumar, Std X, KV-II, 104 Area,  
Visakhapatnam**

When I practised Light channelling, my mind felt fresh. I felt that the Light is covering all my body and afterwards it is spreading all over the world. After doing this I felt very happy and my mind was free of tensions. I was very excited to read and do all the things without feeling any stress.

**Divya Chowdary, Std. IX, KV-II, SVN,  
104 Area, Visakhapatnam**

I have practised Light channelling since last month and observed a lot of change in me. I used to get angry for very small matters because of tension. After practising

this, I felt very relaxed and happy mentally. It has developed patience in me. When exams approach I practise this for 20 minutes to avoid tension. And I have scored well in the examination. Now I have made a resolution that I will practise this everyday throughout my life. Thank you for teaching us how to channel Light.

**Sumanthi, Std. IX, KV-II, SVN, 104  
Area, Visakhapatnam**

During the Light channelling, I forgot all of my tensions and now I am happy for everyone. It made my mind fully calm and quiet and now my life is very active.

**Pratibha, Std. IX, KV-II, SVN, 104  
Area, Visakhapatnam**

We experienced happiness and peace of mind and felt very good. I felt very relaxed. I practise this everyday and enjoy it. It has helped me in concentrating in my studies and physical activities. Now I can feel pleasant even in disturbed surroundings. I feel free of stress.

**Ruby Haldar, Std. IX, KV-II, SVN, 104  
Area, Visakhapatnam**

Once I was angry for some reason. That day I had a lot of homework to complete, but I could not concentrate because of anger. I channelled Light for a few minutes and my mood for studies improved. I could complete my homework very efficiently. I am short tempered but because of Light channelling I am able to manage my angry nature.

**Durgesh Choudhary, Std. VI, Lord's  
English Medium School, Pune**

When I got less marks in Mathematics, our Headmaster called my father to school and talked with him. Then my father scolded me. After that whenever the teacher asked any question I used to forget everything. I started doing Light channelling every morning in the school and in the evening at home for 5-7 minutes and now I am good at every subject. Now I don't get angry and my mind is very calm.

**Sannathimmamma P. M., Std. VII, Govt. Higher Primary School, Kodihalli, Bangalore**

Until this session, I was feeling very much stressed. Now I am feeling relaxed and peaceful. I feel that I can do anything.

**Krupali Joshi, Std. VII, Gowtham Model School, Secunderabad**

I saw a beautiful garden with all kinds of flowers. There were people around me who were smiling and seemed very happy. Seeing them, I was also happy.

**Akanksha, Std.VII, Gowtham Model School, Secunderabad**

I used to study a lot but never used to get appropriate marks. I came to know about Light channelling and decided to try it. I practise this technique everyday in the morning for 5 minutes. You may not believe but a miracle happened as in our next unit test I scored full marks in few of the subjects. For an average student like me, this was very surprising!

**Samiksha Vagare, Std. X, Kalmadi high School, Pune**

Initially I was only keen and interested to hear what sir was telling but when I started to close my eyes and feel it, I felt a Light which was spreading love and peace to the whole world. I was fully relaxed and my mind was fully pure. I thought that I am not this body, not this mind, I was the Universal Spirit. I felt that I was not a human being. When I was channelling I forgot all my hunger, anger, sorrow, sadness and thirst. I was charming, joyful, everything. I can't explain my experience.

**Yaksha V., Std. VII, Sunrise Public School, Bangalore**

I had difficulty in walking due to weakness of the legs. But after channelling Light I have no pain while walking.

**Arun, Std. V, Sarkari Hiriya Prathamika Prathasale, Hunasemaranhalli, Bangalore North**

On February 1st, World Channels Day, my mother and I were conducting Light channelling at L.N. Vidya Mandir, Lottegolahalli. When I was explaining the technique I paused in the middle unknowingly and for a fraction of a second it was totally blissful as if I was in a distant land and unaware. The feeling lasted for the entire day and although I was not keeping well, this experience kept me happy.

**Deeksha Suresh, Student**

I felt the flow of ocean of Light. Everything was very calm. I felt very calm.

**Uthara, Student, Kendriya Vidyalaya, DRDO, Bangalore**



After channelling when I opened my eyes, I saw all things as new.

**J. Kingston Simon, Std. IX,  
Kamalavathy Mat. Hr. Sec. School,  
Tuticorin**

After channelling my mind is completely changed and I feel like a better person.

**Joseph Emmanuel Rohit, Std. IX,  
Kamlavathy Mat. Hr. Sec. School,  
Tuticorin**

When we started doing the technique I felt darkness around. I could see the children around me, restless. I could see restlessness and disharmony all around. But as the Light began to spread, darkness gave way to Light. Like the spider weaves its web slowly but steadily the Light began to spread and peace descended to the entire world. And there was harmony all over. I could experience Peace, Love and creativity by doing this technique. I shall practise it and experience the power of Light everyday to bring Peace to our country.

**Saraswati G. T., Sarkari Produhshale,  
Talagvara**

I experienced silence after Light channelling.

**Kanimozhi, Student, Draupathiamman  
Corporation Primary School, Madurai**

After channelling, when I opened my eyes, I felt like I was born again. I received vibrations from nearby persons.

**A.M.Z. Hara Soofi Hussein, Std. IX,  
Kamlavathy Mat. Hr. Sec. School,  
Tuticorin**

For some days my father didn't have a job. I prayed to Light. Then my father got a job. I am feeling very happy. I offer my gratitude to God.

**V. Rajeshwari, Std. VII, Devarayammal  
Tamil Higher Primary School,  
Bangalore**

I have health problems, despite that I feel very energetic, very fresh. I love practising this technique.

**Sujatha, Pine Woods High School,  
Vijayanagar, Bangalore**

I feel very happy, very energetic. I can do any amount of work.

**Geetha Shetty, RNS Vidyaniketan,  
Chandra Layout, Bangalore**

During exams I used to be so tense, but when I channelled Light, I felt calm.

**Sarah, Std. IV, St. Charles High  
School, Bangalore**

The earth was glowing like a Sun with Peace, Harmony, Love, Kindness and Unity. Each and everyone, living and non-living things were shining brighter than the Sun and stars.

**Nikitha, Std. IV, St. Charles High  
School, Bangalore**

My father used to drink. I started practising Light channelling. Now he has stopped drinking.

**A student, Std. VI, Devarayammal  
Tamil Primary School, Bangalore**

When I was told to open my eyes, I did not feel like opening my eyes. I felt like keeping them closed. I really liked the technique.

**Sravya K., Student, II Std., Jain  
Heritage School, Bangalore**

As my mother was unwell I prayed to God in Meditation to cure her and she became all right. I also prayed to Light that my brother, sister and I should study well and that is also fulfilled. Whatever I prayed for, Light gave me. I am grateful to God.

**T. Priyanka, Std. VII, Devarayammal  
Tamil Higher Primary School,  
Bangalore**

From a few weeks my father and mother were quarrelling in the house. I cried and then I channelled Light and prayed. After that my parents stopped quarrelling and became peaceful. I became very happy because of that. I thank God for this.

**A student, Std. VII, Devarayammal  
Tamil Higher Primary School,  
Bangalore**

I practise this technique two times a day. I feel fresh. It has improved my concentration. I can concentrate now on whatever work I am doing in the day. It keeps my mind and body fresh and also keeps me ready and fresh for everything and any activity. It helps me to keep good thoughts.

**Aditya Balasaheb Bhintode, Std. VIII,  
Maharashtriya Mandal English  
Medium School, Pune**

When I opened my eyes, I saw the God Jesus.

**Vaishnavi N., Std. III, St. Charles High School, Bangalore**

I feel fresh and it helps me to concentrate on my studies during exams. Earlier I used to feel very sleepy and tired the whole day. But when I started doing this Meditation, I feel fresh in the morning and the whole day goes very nice. It helps me to concentrate on the work I am doing.

**Sanika Nadgauda, Std. VIII, Maharashtratriya Mandal English Medium School, Pune**

When I am upset I do Light channelling and I feel better. I thank Light for being a part of my life and for giving me this power.

**Parth Manish Pimpalkar, Std. VIII, Maharashtratriya Mandal English Medium School, Pune**

Last few days I am feeling so nice and fresh because of this Meditation. My mind is also becoming sharp and my concentration has also increased. I like it and feel like doing it again and again.

**Snehal Atul Shinde, Std. VIII, Maharashtratriya Mandal English Medium School, Pune**

I was regularly doing Light channelling during my exams and Light has really supported me. Two months before my exams a counsellor in my class guided me saying that my method of study was going wrong

somewhere and she gave a correct way of preparing for my exams. And within two months I was thorough with my portions.

During my maths paper I had to solve two problems in the last two minutes, which were very easy but very lengthy. I prayed to Light and Light Masters to help me. After solving the problems when I saw the time the watch was showing the same time, which was before I solved the problems. As soon as I finished the bell rang and invigilator started collecting our answer sheets. I was really shocked! I have scored 85.5% only because of Light and Light Masters. I am thankful to them for guiding me.

**Rucha Nashikkar, Student**

While channelling, I forget my troubles for 5-10 minutes. Before I was very rude. After doing this for so many days I have become calm and quiet.

**Nakul Godbole, Std. VIII,  
Maharashtriya Mandal English  
Medium School, Pune**

I felt that I was born again.

**Manimekalai, Std.IV, P.U.Middle  
School, Chitampatty, Madurai**

At home my parents were quarrelling. Now they have stopped. My mother used to beat my younger brother often. Now she doesn't. My elder brother often used to quarrel with others. Now he is on good terms with others. The friend who was scolding me all the time has started talking to me.

**A student, Std. IX, Shreyas High  
School, Bangalore**

I felt blank for some time and couldn't see anything. Then suddenly I saw a globe. I was outside the globe and I saw that everyone on this earth was meditating. I channel Light every day, in the morning and evening before I do my homework and studies.

**Pallavi, Std. IV, St. Loudes English School, Bangalore**

I experience a lot of peace and calmness after channelling Light. Earlier I used to find it difficult to concentrate in the class. I travel 40 kms. every day to reach college. With the sound of honking vehicles lingering in my ears and distracting me, it takes a minimum of 15 to 20 minutes to focus on the lecture in the class. I am happy to have found solace in Light channelling. 3 minutes of practice helps me to gain 17 minutes!

**Umesh, Student, B.E.S. College of Education, Bangalore**

I feel that with Light channelling, all the bad feelings are going out of me and I am now filled with only good feelings.

**Divyashree, Std. VII, Govt. Higher Primary School, Doddakanneli, Bangalore**

When I was in 8th, I would score less in many subjects. Now in 9th I score well. By channelling Light I feel happy. I am also able to concentrate on my studies. I did not know that I could be happy at school. All the problems at home are solved.

**Nalina K. B., Std. IX, Shreyas High School, Bangalore**

I am relieved of my short temper and Light channelling has helped me to remain calmer. I am now more focussed in my studies.

**Nethra, Std. IX, Govt. Model Primary School, M.A.R.P. Lane, Bangalore**

I saw many white balls of Light before me.

**Iswarya, Std. VI, PU Middle School, LKB Nagar, Madurai**

I was unable to concentrate on studies. Now I am able to develop interest in studies because of Meditations. I would like to acknowledge it.

**Somashekhar R., Std. IX, Shreyas High School, Bangalore**

Earlier I could not study peacefully. Now, after meditating I am happy. I used to fail in 2 or 3 subjects. Now I have passed in all the subjects. I would like to say that this is because of Meditations.

**Prasanna K., Std. IX, Shreyas High School, Bangalore**

In spite of waking up early I was unable to complete the household tasks. Now I complete the tasks, pray, channel Light and I am punctual. I am also able to help my mother and she appreciates me.

I was very weak in science. My teacher told me that I could not cope with science. But now I have started liking science. My teachers trust me and have made me the school leader. I will not betray their trust.

**Rajeshwari K., Std. IX, Shreyas High School, Bangalore**

We had problems at home. These are solved. I come to school without fail. I am happy. I unfailingly practise Light channelling at school and home. I was saved of a road accident.

**Vinay C., Std. IX, Shreyas High School, Bangalore**

I was scoring less in English and Hindi. Now I am able to score better. When I was studying in GMPS School I used to score less in all the subjects. Now I am scoring well in all the subjects.

**Rajashekhhar S., Std. IX, Shreyas High School, Bangalore**

When I was studying in 8th standard I was not scoring well. Now I am scoring better in 9th standard. I was saved of a road accident. There were many problems at home. Now there are none. I go happily to school.

**Bhavini C., Std. IX, Shreyas High School, Bangalore**

Light channelling has helped me a lot. It has given me understanding, memory power, concentration, peace of mind and health. I am spreading this Light around our locality and I have taught channelling to others.

**Divya Shetty, Student, Govt. Model Primary School, Harohalli, Bangalore**

When I opened my eyes after channelling, I felt that I was in a totally different world.

**D. Rekha, Student, M H Gupta High School, Hyderabad**



Once when I was going to a shop, I saw a dog. I was scared. I channelled Light to that dog and it went away. I was very happy.

**Poojitha M. K, Student**

For a few minutes I felt calmness in me and I did not have any worries of outside world. After opening my eyes I saw a new world with calmness in the mind.

**Humera Ajaz, Student, Madrasa-E-Zainab, Bangalore**

On the day of my results, I was very tense and then I practised this technique and I felt very calm and peaceful.

**Wasiha Banu B., Std. VII, M. E. 2  
English School, Bangalore**

I felt that all superstitions and wrong beliefs were going away. I felt that our nation was getting back all the good things that we had as part of our ancient times.

**Aafiya, Std. IX, K. K English School,  
Varthur, Bangalore**

I did Light channelling when I was sad. After the channelling my sadness went away and my mind became blank.

**Student, Std. IX, K. K English School,  
Varthur, Bangalore**

The Light channelling Meditation taught by you is very nice. When I lost my cell-phone cover and ID card, I got them back by channelling Light. Thank you for making Light my friend.

**B. Sandhya, NSS Camp, Chennai**

After doing this technique, I feel I am a new person and I feel positive.

**Manasa, Std. IX, Meridian School,  
Hyderabad**

When I was channelling Light, I saw that the politicians stopped fighting and the guns were dropped down. This technique has the power to do good to the whole humanity and bring peace to the world.

**Vivek, Student, Meridian School,  
Hyderabad**

Yesterday morning I was feeling uneasy as there was no phone call from home, so I channelled Light and in a short while my mother called. Thank you for teaching us this technique.

**Rohini M., NSS Camp, Chennai**

On first two days I took in the Light disinterestedly but on the third day I developed faith in Light channelling. Before going to sleep I drew Light into myself for 10 minutes. I was feeling sad that I was not at home for my birthday. That night, all my 25 friends greeted me at midnight, which was unexpected. Just by taking in Light my sadness and body-ache vanished. From now on, I will definitely channel Light in the morning and at night for as long as possible.

**B. Revathi, NSS Camp, Chennai**

When I passed on Light to a friend who was not talking to me, she started talking to me again. I channelled Light to all those who used to scold me and now no one scolds me.

**Saraya, NSS Camp, Chennai**

While channelling Light I saw the Light entering me. It is my birthday. I am very happy.

**Ujwal, Std. I, Little Flower English School, Bangalore**

I passed Light to those whom I missed a lot. On the day you taught this method I lost my polo. I channelled Light. I got it on the same day. Next day I passed Light to my family. At that moment my mother called me. I was happy.

**V. Sathya, NSS Camp, Chennai**

My friend and I had a fight. She did not talk to me. I channelled Light to her. She started talking to me.

**P. L. Visalakshi, NSS Camp, Chennai**

I have been channelling Light since six months and it has helped me directly or indirectly at each and every step. I am changing in all the ways. Earlier I could not answer my teacher's IQ based questions. Now I answer the questions easily. I used to start an argument even for a very silly or common matter and become violent very soon. Now I am normal and feel that my mind and soul is sound.

My friend was disturbed about his father's health. I told him not to worry and started sending Light to his father. When reports came he was very delighted that there was no serious health problem.

Now I have developed affinity towards newspaper because I can understand National and International issues that were earlier abstruse for understanding. My confidence is increasing. Thank you for introducing Light channelling to me.

A friend committed a cyber crime against me. I was furious. I was advised to send a ball of Light to him. I started doing that and after 10-15 days, he became calm and now he has a neutral attitude towards me.

I had been suffering from back pain since June 2011. After taking up Light channelling regularly, the pain has vanished. I have been preparing for IFS for last one year. My optional subject 'Forestry' is new for me. Light has made that subject easy for me to understand.

**Avinash Kumar, IV Year Student,  
Agricultural College, Madurai**

I am now coming to school regularly after doing Light channelling and I am interested in studies.

**Saraswathi, Std. VIII, Panchayat Union  
Middle School, Naickenpatti, Madurai**

I was not present in this world. I was present in a different world. I channelled Light from there.

**Narasimha Murthy, Std. VII, Govt  
High Primary School, Chintamani**

After practising Light channelling technique my handwriting has improved.

**Badri, Std. IV, K. E. Boards Primary  
School, Dharwad**

Yesterday night, I slept after doing Light channelling and prayed to Light to continue channelling throughout the night. Usually when I wake up, I have headache. But this morning there was no headache.

**Pooja, II year, Vagdevi Vilas PU  
College, Bangalore**

During exams I forgot whatever I had studied. After channelling Light, I could remember them.

**P. Ajay, Std. VII, Chennai High School,  
Kilpauk Gardens, Chennai**

Before doing Light channelling I was very disturbed and frustrated, had lost my confidence and had many negative feelings. I hoped to change all this without much success. I started channelling Light for few minutes everyday. The results were amazing and things started changing gradually. I became calm and confident, my faith in God increased and I stopped criticising others. My outlook towards life changed. I channelled Light to my grandmother who was unwell and she recovered fast. My parents who wanted me to work and help them are now supporting my studies. I am thankful to Guruji, Maharshi Amara and Sapta Rishis for showing me the way through Light channelling.

**Deepika, Student, Pune**

Earlier I used to talk in abusive language with my friends and other school children. After I started channelling Light this has reduced considerably.

**A Student, Gadge Maharaj Residential  
School, Mumbai**

While doing Light channelling, my mind is calm and brings good memory. I am eager to practise this technique. I practised this technique during my Social Science exam. I got all those questions which I had studied. This is true.

**Ajit Kumar, Std. VIII, Chennai Middle  
School, Trustpuram, Chennai**

I participated in the essay competition conducted by my school. I was feeling very sad because I didn't get the prize. Immediately I practised Light channelling. Without any remorse, I went back home happily.

I used to fight with my mother. After practising Light channelling, my anger got reduced. Then I said sorry to my mother.

Whatever I study in the night, I could remember in the morning because of Light channelling.

**K. Keerthi, Std. VII, Chennai High School, Kilpauk Gardens, Chennai**

When I channelled Light for the first time I did not understand anything. But I continued to practise everyday in the evening at 6.30 PM. While playing, I realised that my stamina has improved. I did not fall sick. My memory has increased.

**Rohit Londhe, Student, Balwikas Corporation School, Lokmanya Nagar, Pune**

When I sit for channelling Light I hear the noise around me but still I will be at peace. Even at other times I am at peace even if there is noise around me.

**Atish Arun Gaekwad, Std. VII, Balwikas Corporation School, Lokmanya Nagar, Pune**

I felt as if I was dreaming. I felt as if I was in a place where there was Light and me. I was very happy. There was lot of peace in that place.

**Supriya Hanumant Misal, Std. VII, Balwikas Corporation School, Lokmanya Nagar, Pune**

When I was channelling Light I found the desks and benches of my classroom radiating Light.

**A Student, Std. IV, Kendriya  
Vidyalaya, Sadashivanagar, Bangalore**

I saw a golden ball of Light on the stage where you were standing.

**A Student, Std. VIII, St. Loudes  
English School, Bangalore**

I used to show anger to all but now I am very calm.

**Sethupathy, Std. VII, Panchayat Union  
Middle School, Naickenpatti, Madurai**



**EXPERIENCES  
OF  
TEACHERS**



When I was channelling Light, I could feel the Light and the vibrations. I feel fresh. It is a good experience.

**Ms. Nazeema, Teacher, Jeevana Jyothi  
Vidyalaya, Bangalore**

I practise Light channelling daily from 5.30 am to 6.30 am at my home. I am freed from anxiety, tensions and worries. I am doing well mentally and physically. I can work freely with hope and I have achieved my aim. My class children are concentrating on their studies and have improved their memory. They are much better than before. They have improved in their moral, physical and mental behaviour. They can understand situations and act according to it. I can say Light channelling has helped them in their all round development.

**Smt. Ranganayakamma K. S., Asst.  
Headmistress, Women's Peace League  
Hr. Primary School, Bangalore**

My class children channel Light daily. Because of this most of the children have become well disciplined. Their concentration has improved and their interest in studies has increased.

**Smt. K. V. Savithri, Teacher, Women's  
Peace League High School, Bangalore**

Closing my eyes and feeling the Light spreading over me and around me gives me peace and helps me face the day in a happy mood.

**Mrs. Bindu, Teacher, Sheila Kothavala  
Insititute for Deaf, Bangalore**

Since last 6 months Smt. Padmini is teaching Light channelling to our children. We have observed many

changes in our children after this practice. The restlessness in them has reduced and their concentration has increased. They have started understanding our teachings very well. Due to this, their knowledge is increasing and they also have begun to develop cooperation, calmness, patience, compassion, goodness, adjustment and leadership qualities. They have understood that there is nothing without the Light.

**Chandrashekhar, Teacher, Ambedkar  
School, Bangalore**

Light channelling was something new to me. When I close my eyes I can really feel the Light entering my body. I also see different coloured Light depending on my mood that morning. But after those three minutes I feel stress-free, calm, cheerful and ready to face the day. It is a wonderful way to start the day.

**Mrs. Jessy Samuel, Principal, Sheila  
Kothavala Insititute for Deaf,  
Bangalore**

Many changes have occurred in the children by practising Light channelling. They have become more energetic and their health has improved. They have become sharp and their memory power and concentration has increased. Attendance in the school has increased and children have become calmer in the classroom. Their reading and writing capacity has improved. They are happy always and their behaviour has changed. It has helped them to improve their listening and understanding capacity.

**Rathnamma, Headmistress, Govt.  
Higher Primary School, Hoskote**

In our school we started 5th to 7th Standard classes for boys for the first time. The students of these classes were very naughty, mischievous and poor in studies. But due to Light channelling they have become calm, studious and disciplined.

**Mrs. Bashetty, Vice Principal, Umabai Shravika Vidyalaya, Solapur**

There is calmness in our students after we began channelling of Light and they are becoming more disciplined. They are practising with interest. Further, there is more unity among the students, interest in the welfare of others and they are paying more attention to their studies. It is seen that the students are also developing a desire to correct themselves and they are giving up their stubborn attitude.

**Smt. P. Parameswari, I/C,  
Headmistress, Chennai Middle School,  
Dhideer Nagar, Chennai**

When I opened my eyes I could see in front of me not the faces of my students but a blanket of Light. It was an amazing experience.

**Smt. Nagamani, Headmistress,  
Venkateshwara Vidya Peeta, Bangalore**

We conduct Light channelling in our school only twice or thrice a week. In a programme, organised in our campus by the Department of Education, the BEO, in his vote of thanks appreciated the conduct of the students and observed that he had never witnessed such silence and stillness at any function. Another guest was surprised to witness the rapt attentiveness of the

students. They appreciated me for instilling such values and admired the efforts. Light works.

**Sister Jyothsna, Principal,  
St. Anthony's Higher Primary School,  
Bangalore**

We are practising Light channelling twice everyday in the morning and evening for 5 minutes. Children have calmed down a lot. Their behaviour and attitude is changing for better. I like this technique. We wish to continue this technique so that students are better students when they step into High School.

**Smt. Nagalakshmi, Community Centre  
School, Jayanagar, Bangalore**

For the first two days we had no control over the children, but once Light channelling started, the children began changing slowly and started behaving in a good way. I found that the amount of energy and the concentration I could get was much more when more people were channelling the Light together. I could feel that the energies were getting multiplied.

**Mrs. Nagalakshmi, Teacher, Vagdevi  
Vilas School Residential Summer  
Camp, Bangalore**

In our school, right from the attender to myself practise Light channelling in the assembly for 3 minutes. A parent who visited the school commented that there was so much of silence. He enquired if the school had declared a holiday !

Students have improved in their behaviour and attitude and have developed a desire to study.

Interpersonal relationships between colleagues are harmonious.

**K.H. Sudhamani, Bangalore High School, Jayanagar**

Manasa Foundation has been conducting Light Channeling sessions in our school since three months. These sessions are very useful to our students and also to our teachers. Our students are gaining concentration and are interested in studies. Their lazy attitude is decreasing and they are now inclined towards improving their conduct. We are practising Light channelling daily in our school.

**Gopalakrishnan, Head Master,  
Veerabhadra Swami H.S., Doddagubbi,  
Bangalore East Taluk**

At the beginning of the session, I was not able to fold my legs and sit. I however ignored the knee pain and sat in sukhasana and channelled Light. After the session the knee pain vanished, and it was quite a relief.

**Ms. Jayalakshmi Iyar, Principal, A S  
Kupparaju & Bros Vidyaniketan,  
Bangalore**

I had severe headache since morning and I was not able to sit properly in the session. After channelling Light I had relief from the headache and I felt peaceful.

**A Teacher, Gandhi Vidhyalaya Primary  
School, Lottegollahalli**

We are continuing the Light Channelling sessions in the early morning, which was taught by Manasa

Foundation. The Light is very helpful in developing concentration and will power in children. The Light has brought new hope and new energies into them and the students are participating very actively in the learning process. This program is very useful in developing patience, determination, inner strength and many other qualities in the students. We are grateful to Manasa Foundation for this.

**Krishnappa, Head Master, Govt. H.S.,  
Bileshivale, Bangalore East Taluk**

While doing the Light channelling technique I lost awareness of my colleague next to me, the students in front of me and the surroundings. I was fully absorbed in the technique, not knowing where I was.

**Principal, Sri Maruti School,  
Nelmangala**

When I practised the technique, peace descended and I experienced the calmness. I was not aware of the surroundings.

**Ms. Abida Begaum Hitpargi, Teacher,  
Govt. Urdu Higher Primary School,  
Kaiwara**

We were earlier practising some Meditation technique. It wasn't very effective. After volunteers from your organisation taught our students the Light channelling technique, we started practising it daily. Some students, who were very rash, have calmed down. Some students told that they were not listening to their parents, but

now, they 'feel' like listening and obeying their parents. The students are more disciplined now. This technique is so simple and effective. We are practising it daily for 5 minutes.

**Mr. Pradeep, Teacher, Panchavati  
Vidya Mandira Kannada Hiriya  
Prathamika Shaale, Bangalore**

While we all were channelling the Light together, it was really amazing. We had been to another world, where there was only Light all over.

It really helps us feel cool, calm and confident. It really helps the mind and body to relax and also it heals some of the pain in our body and mind. It helps improve our thinking and expression towards others. Thank you Light channelling.

**Mrs. Shaheen Begum, S.V.N. Public  
School, Dasarahalli**

Light channelling programme by Manasa Foundation is useful and productive. It helps in reducing anxiety and tension among students and at the same time it helps our children to develop human values in their lives.

**Sri. M. R. Hegde, Vice Principal, BEL  
Composite PU College, Bangalore**

We felt very cool. Calmness and patience has increased after doing this exciting experiment. Nowadays children have become silent. There are no complaints of beating and fighting.

**Meera Deshpande, Teacher,  
Maharashtriya Mandal English  
Medium School, Pune**

The school drop outs have reduced. Students are punctual and attentive.

**Smt. B. R. Sudha, Govt. Model School,  
Kengeri**

We cannot forget Manasa Foundation. There is overall development in students.

**Smt. Vijayalakshmi, Sri Maruthi  
English High School, Kamakshipalya,  
Bangalore**

Today you gave us two things - Discipline and Quietness. Today I felt peace by seeing the students so silent. If students become silent like this it will be a wonderful thing.

**Mrs. Sushma Nair, Principal, VPM's  
International School, Airoli, Navi  
Mumbai**

As I started the technique, I felt a huge ocean of Light above me. Gradually I took the Light inside me and I was really amazed to get an unusual experience. I felt as if I had lost all my body weight and was floating in the air. This is really a good experience. Thank you.

**Kiran Kumar S., Teacher, Vidyanjali  
Academy for Learning, Bangalore**

The children of Corporation Girls High School, Shrirampuram, Bangalore are channelling Light from the month of July 2010 regularly everyday for 10 minutes. By the grace of Light Masters, Light and Guruji our school achieved 92% result in SSLC examination and stood first among all Corporation High Schools. We



are expecting the same even this year. Thanks to Light and Light Masters for the help given.

**Vice Principal, Mahanagara Palike  
Girls Junior College, Srirampura,  
Bangalore**

Light channelling has improved patience, concentration, tolerance, discipline and memory of our students. There is a good improvement in the character and behaviour of the students. We thank the Light channelling team of Manasa Foundation.

**B. Jayalakshmi, Govt. High School,  
Saniguruvanahalli, Bangalore**

I am overwhelmed with the benefits of Light channelling. A child was injured during a fall and was to be operated for 2 hrs. The entire school channelled Light to the child during the surgery. Miraculously, the operation was successful in just 20 minutes !

A hyperactive child has mellowed down with the group channelling technique followed by the school. We were dumbfounded at such a response.

**Smt. R. K. Indira, Teacher, Govt.  
Model Higher Primary School,  
Yediyur, Bangalore**

The children are following the instructions given by the Light channelling volunteers. They have developed a great desire to channel Light every day. They want to experience the silence during the session and feel a huge difference with this practice.

**Father Antony, Principal, Christa  
Vidyalaya, Bangalore**

We have been unfailingly practising the Light channelling technique everyday for 5 minutes since February, 2010. The school prayer is followed by Light channelling. The benefits are plenty. The school strength has increased from 70 to 110. The students are now more alert and enthusiastic. They show interest in academics and respond well.

**Mrs. Padma, Teacher, Geetha Higher  
Primary School, Bangalore**

I am very pleased with the difference channelling of Light has brought to my students. A student habituated in using foul language has mended her ways and refined her behaviour. Children who were very naughty have calmed down and are much quieter. Grasping power of students has improved. I can easily see a difference in the interaction among the students. There is a lot of love and care nurtured among them.

**Mrs. Komala, Principal, Good Earth,  
Bangalore**

Manasa Foundation conducted a class on Light channelling technique. We are overwhelmed by it. Many of our previous batch pupils have reported and boasted of this technique. Because they were able to secure outstanding score in their S.S.L.C. Examination, they have become optimistic, healthy and serene. They were also able to get answers to various pondering questions which came their way.

Amazingly, our Institution has achieved a glorious result in 2010-11. The best in last 28 years! Thank you.

**Haneesh R. P., Head Master, Indian  
High School, Bangalore**

I was filled with sorrow due to some incident, which occurred in the morning. But after channelling the Light, I felt my worries were lightened. Definitely, I would like to include channelling as one of the important parts of my life. Thank you.

**Indre Raghuram, Venkat Public  
School, Bangalore**

The Light channelling programme conducted by Manasa Foundation has helped in improving the attendance of our students. They are now prompt to the assembly. Their eagerness to learn has improved.

**Mrs. D' Souza, Head Mistress, Sri  
Maruthi Vidya Mandira Kannada  
Nursery, Primary & High School,  
Bangalore**

I am practising the channelling of Light for the past one year. I got a lot of benefit from it. Being the head of a school having 3200 students and 115 staff members, it does a lot of help to administer everything effectively. Very complicated problems, I can solve easily. Now I think only positively. I can also solve others' problems. I got a lot of confidence. It has also improved my mental health.

**Smt. Sreedevi R., Headmistress,  
Shanti Dhama English School,  
Bangalore**

I have been a part of many workshops. People promise many things but nothing happens. But this was a unique experience. I am very happy ! Before channelling, I requested the Light to remove all the body pain and negativity in me. I felt the Light occupying all the objects

in the school and It gradually spread to the road and moved in circles and spread everywhere. I felt very energised and light-hearted.

**Smt. Sharadamba C.R., Head Mistress,  
Mirambika School for New Age,  
Bangalore**

Light is leading me. We were unable to construct a house for the past five years, in spite of all our best efforts. After adopting the technique and practising it regularly, we have begun the construction. I am thankful to you.

**Smt. R. Shantha, Head Mistress,  
National Public School,  
Beereshwarnagar, Chunchgatta**

It is a wonderful feeling. Not only do we join the students for the session, we look forward to the session as it energises us to take up the challenges of the day. Especially, when we open our eyes, the peace and soothing effect we feel is beyond description.

**Dr. Aditi Agnihotri, Coordinator,  
Shiksha Sagar High School, Bangalore**

I can see, that with regular practise of Light channelling, the ancient era is reviving. Students are regular to school. There is a significant change in their behaviour and attitude. They have mellowed down a lot. They have stopped stealing and lying. I have observed that the gait of a few boys who were aggressive has turned majestic and dignified. They are now, very loving, peaceful and calm. Children often come and share their experiences with me. It is really wonderful. Some of the ex-students became aware of this practice at school. On

learning about the benefits, they have voluntarily approached me and learnt the same. I eagerly await your Newsletter. I enjoy reading it and share it with others.

**Smt. Pasumathi S, Head Mistress, New Holy Cross English School, Bangalore**

I am very pleased with the benefits of Light channelling, which has brought a vast change in our students. We tried different methods to mend a few students, but we were not successful. But after involving these children in Light channelling, a lot of improvement is seen. Even the parents are happy about their improvement. All the students and teachers of our school are very much pleased to see the changes in interaction among the students.

Personally, after practising Light channelling, I am away from arguments and expectations. Satisfied with whatever I have, I am getting closer to the Light, which I experience as Mukti. So, I find happiness everywhere.

**Smt. Nalinakshi R., Head Mistress, Sunrise English School, Bangalore**

I eagerly wait for the moment to give the Light channelling instructions to the students in the assembly every morning. Besides this, I also channel Light when I am highly depressed. Channelling of Light definitely has a calming effect. It helps me come out of my distress. It helps me forget my problems and this allows me to do my school work more effectively. On several occasions I have felt that the Light has a healing effect and has reduced my knee pain to a commendable extent.

The process of channelling the Divine Light into our

bodies and spreading it all around to the entire world in a span of 7 to 10 minutes has yielded tremendous amount of positivity mentally, physically and environmentally ! It is God-sent, especially in these days of stressful, busy and tense urban life ! It has definitely made the world a better place to live !

**Mrs. Tara Manjunath, Teacher, Achala  
Vidya Mandira High School, Bangalore**

The students and the staff members have been channelling Light since a year everyday in the assembly, after the prayer session. I never miss the opportunity to join them in Light channelling. It calms and de-stresses me, leaving me rejuvenated.

Some students who have been practising this sincerely, feel that they have become more efficient in their work. Some feel that their concentration has enhanced. Yet others feel confident and optimistic.

**Mrs. Sudha Rama Murthy, Principal,  
Achala Vidya Mandira High School,  
Bangalore**

I channel the Light very sincerely and committedly. It helps me to concentrate on the day's hectic schedule better and carry out my numerous chores with heightened efficiency.

**Ms. Jagadevi, Headmistress, Achala  
Vidya Mandira High School, Bangalore**

Your Meditation class was very enlightening and educative. These techniques helped the students as well as teachers to find their inner peace and calmness. This will help them improve concentration and make them

stress-free. We thank you immensely for sharing your precious time and knowledge with us.

**Smt. Chandrakala Venkatesh,  
Headmistress, S. L. V. Vidyanikethan  
School, Bangalore**

When I open my eyes after channelling the Light, everything and everyone around appears fresh and bright, .

**Mrs. Pankaja, Teacher, Achala Vidya  
Mandira High School, Bangalore**

It was a great experience. It was very hectic for two days due to the camp arrangements; but post the Light channelling session I feel fresh, energised and all my strain has vanished. It is just as if it is morning now.

**Mr. Birajdar, Kalbhairavnath  
Madhyamik Vidyalaya, Malkhed  
Village, Dist Pune**

This is the shortest and the simplest way to meditate and concentrate that I have seen in my life till date. I got interested in the technique when we met the other day. Today, in the Assembly, I did it with the students and I am sure it will help my students a lot. I want to take it further and ensure that the students of class X and XII in particular, do it regularly.

**Principal, Kendriya Vidyalaya, JNU  
Campus, New Delhi**

Since last 6 to 8 months I was getting entangled in some problems. So I was unhappy in life and had lost my confidence and interest in everything. When I was trying to find a solution for this, I found 'Light' book. Even

though this book is very small, it gives joy. I practised Light channelling for 5 to 6 minutes everyday. I felt comfortable. Then I started getting peace in my life. Without knowing I found changes in me. Now without fail I am practising this everyday for peace for all.

**Mrs. Rangu Bai J., Headmistress, Lewa English High School, Bangalore**

I felt as though I was bathed in Light and had the vision of Light through my inner eye. Then I understood the Light that Arjuna spoke about when he saw the vishwaroopa of Lord Vishnu.

**Indushekhar N, Teacher, Jain Heritage School, Bangalore**

Our boys and girls could never be seen in silence for even a few seconds, but Light channelling made them silent for 10 minutes. It is a mystery !

**Headmistress, Bharathidasan Corporation Higher Secondary School, Madurai**

The Light channelling sessions conducted every morning during assembly have benefitted the students in many ways. The students feel that the sessions have helped them greatly in improving concentration, maintaining calmness and creating freshness in their minds. They also feel that it has helped them in doing their work in a better way. A few students have said that these sessions have helped them in getting rid of ailments such as headache, body pain etc. Teachers also join the students and they also feel that the classes can be started in a refreshing way Every morning. Overall it



has been a great way to begin a day and make it a successful one.

**Mrs. Shanthi Murgesh, Canaan Christ  
Public School, Bangalore**

The students of Std. X were waiting for the guests to inaugurate the 'e-Learning' classes. Some of them were busy chatting and some were anxiously waiting. I requested all of them to sit comfortably, and began guiding them through the Light channelling technique. The room turned into a serene and peaceful place. Seeing the students so calm, peaceful and concentrated, the guests wondered and wanted to know the secret of students' concentration. They felt happy to know that such a simple technique can benefit so much. Light works!

**Mr. Pradip Patil, Teacher, Shirvane  
Vidyalaya, Navi Mumbai**

At around 10 PM in the night, a seven year old girl suddenly had stomach pain. She began crying. The Matron gave her a tablet, but it did not relieve her of the pain. I told her to channel Light. Other children also joined and everyone channelled Light very sincerely. After 10 minutes she slept peacefully without any pain. It was a happy moment for me to see the children adopt Light channelling and getting help. It was a wonderful experience.

**Ms. Suguna, Resident, Cheshire Home  
for Disabled, Bangalore**

I was filled with sorrow and was very disturbed and upset in my life. I also had negative feelings always.

When I practised Light channelling, I experienced peace and calmness and I felt balanced, peaceful and positive.

**Mrs. Laitha Xavier, Sheila Kothwal**  
**Institute for Deaf, Bangalore**

I had accompanied the students on an excursion to Kanyakumari on 22nd November, 2011. We reached by 11.30 AM. To our disappointment the ferry to visit the Vivekananda Rock Shrine was closed due to the rough sea. We gathered in a park and had lunch. In the afternoon some primary class children eagerly did Light channelling, requesting the Light to help them visit the shrine.

Around 4 PM we were ready to leave, but the students requested the guide and master to try again. Though it was a long walk, they agreed and soon they sent word that the ferry was open. We rushed, only to find a big crowd and the gates closed again. But the guide came out with the tickets with special permission from the presiding officer of that office ! We were on the last ferry. We meditated in the hall and watched the sunset in a clear sky. We left as the rock was lit up with brilliant lighting to leave a lasting impression of the wonderful energy we experienced. Thanks to the grace of Light channelling.

**Smt. Uma Krishnamurthy,**  
**Headmistress, Thana Bodhini School,**  
**Sheshadripuram, Bangalore**

The Light channelling team of Manasa conducted session for all the students on the opening day of our college in June 2010. Nearly 500 students channelled Light. We started our placement activity for the first time

and we could place nearly 22 students in different multinational companies. They could not speak fluent English but still they got good offers from the companies.

Our result of T.Y. BCS has increased to 46% this year. There is sudden rise in placements also. I have no words to express our thanks and gratitude to Guruji, Rishis and our channelling team. Our management has requested me to do Light channelling on the opening day of the college this year also.

**Dr. Mrs. Charusheela Birajdar,  
Principal Maharashtra College of  
Science and Commerce, Pune**



**EXPERIENCES OF  
LIGHT CHANNEL VOLUNTEERS**

One evening when I was returning from office, the gate at railway crossing was closed for the trains to pass. But even after half an hour, they could not open the gates, as it was stuck due to some problem. I channelled Light to the gates and requested the Light to make the gates alright. After channelling for 5 to 7 minutes I opened my eyes and the gates were lifting up ! My joy knew no bounds. I thanked the Light.

In the last week of December 2010, we were travelling with my sister's and brother's families in a car to another place nearby. On the highway, the traffic was stopped on both ways by a huge crowd of people belonging to some political party. They were holding placards and shouting slogans with no sign of moving from there. I explained Light channelling to my people and we all channelled Light to the mob for 7 minutes. When we opened our eyes, we saw that the mob had just dispersed and within minutes traffic started moving and everything was normal. Light Works !

Sometimes our dog doesn't eat properly. I channel Light to it, and it eats the full meal.

I had to meet a senior official regarding some official matter. I knew it would anger him and he will not respond properly. So, I channelled Light to him for 3 minutes and then went to meet him. He was very cool. He welcomed me with lots of respect and offered me a seat and discussed the matter with me patiently.

**S. Padmashree**

We are running a Regular Light channelling centre at Madurai. We meet on every Thursday at 5.30 PM and

channel Light for 25 to 30 minutes. Usually 15 to 20 members participate. Our timings are taken care of by a lizard, which is living in the Light channelling hall ! It maintains silence during the period of Light channelling and makes sound once the timing of 25 to 30 minutes is completed ! This is a regular practice.

One day, after the Light channelling session, I experienced a difference. I could feel the flow of Light and felt a deep silence. Surprisingly everybody else also had the same experience and feeling !

**Swaminathan**

I am always protected by the Masters and God. In November 2011, I was blessed by Lord Christ who appeared in the form of wallpaper on my mobile screen and this repeated five times. On 11-2-2012 when I was going to meet the doctor for the pain due to varicose veins, I was worried about what will the doctor recommend. Suddenly the Divine letter 'OM' appeared on my mobile screen as wallpaper. The doctor told me not to worry ! Due to this Light channelling work I have been relieved from allergic symptoms. My pain due to varicose veins has reduced by 90 percent.

My father has been saved twice by Light when he was in ICU for very critical illness.

**Santosh Kore**

Light helped me to get cured from thyroid within two months and also from sleeplessness disorder. My skin is responding to the medicines I am taking for skin disease. When a lady, whose marriage was not getting arranged for years, started channelling Light, she got married very soon to an IFS officer.

On 27-1-2012 when I was going in my two-wheeler for Light channelling work, I noticed that my two-wheeler was about to run out of petrol. I requested Light and Guruji to help me. To my surprise even after reaching the petrol pump which was 2 to 3 kms away the petrol was not over.

**Suchita Kore**

We conducted a Light channelling session at CGHSS Pulla Avenue in Chennai. Chennai was unusually bathing in thick fog and cool climate that morning. The children and teachers did Light channelling happily. The astonishing fact is that the Sun appeared immediately after the session, turning the school ground very hot soon. We thanked Light profusely for making it happen.

**Padmaja Balaji**

On 1st February 2012, World Channels Day, on my way to a school for the Light channelling session, all the vehicles were speeding on a narrow two-way lane. Suddenly, I saw a two-wheeler coming from the opposite direction, about to bang my car in full speed, while trying to avoid another speeding van. For a moment it seemed as if there was going to be an accident involving many vehicles. The next moment, I felt my car steering to left. When I looked back, it was surprising that none of the vehicles had hit anyone. When I came to my senses, I realised, that I had not had the presence of mind to avoid the accident. The accident had been averted and everyone carefully taken to safety ! The Rishis are always there, protecting us.

Once when I was on my way to a school in Varthur for a Light channelling session, I saw that there wasn't

enough petrol in my vehicle. I did not have much time to stop for refilling. I said to myself that everything will be fine and carried on. After the session, when I reached the bunk to fill petrol, I noticed that the indicator had remained where it was earlier ! I had driven nearly 10 kms, and yet the needle had not moved. Miracles have become a part of our daily lives.

Once I was driving to a school for a session. All of a sudden I started experiencing beauty in me and around me. I was actually in the midst of traffic and busy area ! I burst out laughing. Beauty in the midst of traffic ! I had never felt like this before. The feeling lingered on for couple of days. From then on, whenever I am stuck in traffic, I try to think of this feeling and the traffic doesn't bother me much.

**Hemalatha Pramod**

Once I was travelling towards K.R. Puram and was struggling to recall a school name, which I had covered two years ago. Suddenly I saw a hoarding and one name was written on it. The name somehow became highlighted. Suddenly I realised, that it was the school name I was trying to recall ! I realised Rishis are monitoring and helping us every moment.

Generally I always link up to Rishis before any Light channelling session. But in one of the sessions when I was trying to pray and link up, someone interrupted and I could not complete my prayer and linking up. After some time, before the Light channelling session, when I was discussing with our volunteer, suddenly I became aware that someone was trying to contact me. Then I realised that Rishis are monitoring our work and they are



always with us. I was thrilled and happy, and continued with the session.

**Manoj Kumar Chopra**

On 22 September when I returned to my office after the Light channelling session, I had a meeting with my manager to resolve some issues. Having missed deadlines, I was under a lot of pressure and thought that he would blast me. But to my surprise, after hearing me, he extended help and support to sort out all the issues one by one. After 30 minutes of discussion, all my tension of last few weeks melted away. This continued next week, completely freeing me from all tensions. All this happened so smoothly. I now realise that it was Light that was working in the background. That evening when I returned home from office, my father and wife expressed their surprise saying, “You really look so fresh and your face looks bright even after you have come home from a long and hectic day's work in office”. I too was in high spirits and felt very light.

**Vinu Varghese**

On 2nd October there were heavy rains in Pune and there was water logged at many places. In our area, due to power failure, electricity was also not available. Some students from our class had difficulty in going back to their homes due to the water logging. One student and her parent who stayed back at the class observed that a huge globe of white Light had appeared in the class where we conducted Light channelling. What was really touching that the parent who is not a Meditator noticed the Light. Indeed the Light is always with us !

The Principal and the teachers of a school informed us that the students from a particular class were extremely

unruly and indisciplined and it would be a challenge to conduct Light channelling in that class. The teachers warned us that the students would not listen to us and that they would insult us and would not even let us enter into the class. But we were surprised to see the students welcoming us with smiling faces. They silently channelled Light with us ! A student told us with tears in his eyes about the amazing experience of Light channelling and promised that he would channel Light everyday !

**Medha Kulkarni**

During a Light channelling session at a school in Shimoga, I was taking pictures with my camera. Suddenly I observed that the whole room was full of Light with white rays touching the heads of the students and in one corner of the room I saw a beam of Light as if some great person was standing there. I was astonished to see the same kind of beam of Light in the next two sessions in other schools. I felt very happy about the presence.

**Manjushree M. Jadav**

I had been a part of the volunteer team conducting the Light channelling in Chennai Chettinad Vidyashram School. As I was entering ninth standard, I could sense immense tension and the teacher was angry and irritated about something. I approached her nevertheless and asked her for 3 minutes and she agreed. I requested her to join us for channelling. After the session a student stood up and said that he could feel some energy entering him and the class started laughing. Just then the teacher got up and said that she had actually seen Light all around her and she saw a huge globe of white light in

front of her ! She went on to explain that she was tense and angry when I entered her class and was not paying much attention to what I was saying but when she closed her eyes, she was filled with Light and felt the energy tingling in her entire body. As I was leaving the class feeling touched and happy and blessed I saw her wiping her tears !

**Nithya James**

At the commencement of Light channelling centre at Mysore I was disappointed when only one person turned up. After explaining to the lady about Light channelling I prayed to the Rishis and Guruji. She closed her eyes and I was giving instructions to her. I could feel the presence of some energies right beside me even though my eyes were open ! I was choked and overwhelmed with emotions because Rishis and Guruji helped even when there was only one person to whom I was teaching Light channelling.

**Pragti Raaj**

I went to the Institute for the Deaf to get feedback about Light channelling practice. The students told me in unspoken words, all in actions - that the channelling of Light was very nice and wonderful ! It helped their memory and much more ! I saw their glowing faces full of joy and was deeply touched.

**S. Padmini**

In a follow up session at Sheila Kothavala Institute for the Deaf, on 19-11-2010, Shashmithan, an 8-year-old boy came to the stage and with ease showed to the entire school, through action, the complete technique while I said it in words. It was amazing. He had neither heard me

nor seen his teacher showing in action since he was facing the audience and not the teacher. He must have experienced Light when we had done the first session there and hence was able to show it. Sreenivas, one of the staff there (also deaf) expressed by action that he felt as if all his tensions had vanished.

**Hemalatha Pramod**

As usual it was a sunny morning and it was difficult for the children to sit in hot Sun for the Light channelling session in Siddeshwara School, Mysore. I prayed to the Sun and Rishis and suddenly within two minutes it became cloudy and pleasant. And by the end of 7 minutes it again became sunny again!

**Pragti Raaj**

After the Light channelling session at the Institute of Design, Chennai, an architect told me that she had seen a beam of pure white Light and she was suddenly pulled to a far away space outside the planet from where she could see the wonderful Light spreading throughout the globe. Without having seen our banners she described to me exactly the picture that we show during Light channelling!

**Nithya James**

I was jobless since last one and half years. After taking up Light channelling work in schools, I got a good job. I thank Light for that.

**Mahesh Kore**

On 1st February, after the Light channelling session in SNTD Kanya High School, the teachers and Principal told us that they experienced lot of inner joy and

calmness after practising the technique. On 9th February, when we went back to the school for another Light channelling session Mrs. Mahadik, a teacher, told us that when she came forward to address the students after the session she could not feel even a fraction of negativity in the students and she saw Light in them.

**Dhanashree Kulkarni**

Couple of weeks back I taught Light channelling to some kids who were playing near my house. One of them was a 5-year-old girl, Ashmitha. She was so happy after the Light channelling, that she told my other neighbours and her grandmother. Her grandmother was also eager to learn and I taught her. She was also excited and introduced Light channelling to about 30 ladies during their Mahila Samaj meeting in Nandini Layout.

After playing in the park, Ashmitha would say she is tired and sit and do Light channelling. Seeing her, others in the park were curious to know what it is and the little girl has been teaching them as well. Now she wishes me with a smile that touches my heart. I feel she is all over the place, full of joy and happiness.

Suddenly there were so many people asking me about it in my neighbourhood, that it motivated me to start the Regular Light channelling centre in Indiranagar. So much happened with one little sincere soul and I wonder how much Light lakhs of children would have spread.

On 27th May, I went to Government School, Jeevan Bimanagar. The Headmaster said that he was reading the book "Light" the previous day and was thinking of us! He said it was their School Opening Ceremony and they were planning a small function to welcome the students to the new academic year. He agreed to start with Light channelling from day one itself and asked me to be the Chief Guest. I was taken by

surprise. I said to myself 'Light is the Chief Guest today, let me agree'. I was jittery and called one more volunteer to join me.

There were about 110 kids, full of enthusiasm and cheer as if they were looking forward to a great beginning. In the introduction the Headmaster referred to us as people from "Belaku Foundation" meaning "Light Foundation". I felt the New Age had begun. Light was the Chief Guest and people remembered nothing but Light. It was a great way to start Light channelling this year. I was very happy to witness this new Awakening. I thank Guruji and Rishis for giving me more than expected every time I work hard.

**Hemalatha Pramod**

At the Govt. Higher Sec. School, Ashok Nagar, Chennai, while all the children were very receptive, a particular class 'VI - A6' astounded me. Once the Light channelling session was over, there were genuine smiles, tears, silence and wonderment on their faces. They immediately swarmed me explaining how they saw the Light. Some said they were unable to open their eyes while more than 20 children told me that they had seen the Light. What was more touching was that a few also told me, "You don't say thank you to us please. It is we who have to say thank you to you." Also, every child in the class wanted to thank by shaking their hands with me. Frankly, I had not expected such beautiful demonstration of love and gratitude. I am deeply touched ! My humble gratitude and love to Guruji and the Light Masters and my volunteer friends for their support, guidance and encouragement.

**Padmaja Balaji**

My sister and I went to a school to take permission for a Light channelling session. They gave us the

permission. When I told them that I take tuitions, they immediately told me that they have one vacant post and wanted a teacher as early as possible. I felt it is God's wish and joined the school. Now I conduct Light channelling in my class.

**Pratibha Oak**

As I had committed to volunteer for a Light channelling session on 1st February, I requested my boss to permit me to reach office late by two hours. But he did not agree and instructed me strictly to come to work on time. I was highly disappointed and prayed to Light. Light worked and a miracle happened! In the night my boss called me and gave me permission. I was surprised and felt so happy and excited about the whole thing.

The Light channelling session was amazing and the day was really great and blissful. I am very grateful to Guruji, Rishis and Light.

**Alakananda**

I reached the school in a little hurry. I was to conduct Light channelling early in the morning there. Later I realised that my cell phone was lost. I prayed to the Light and Rishis and requested, 'if I have sincerely conducted the session please let me get my phone back'. After some time, a student handed my phone to me!

**Pushkar Patki**

On 1st February, we had scheduled a Light channelling session in a school at 12.10 PM. We could not move fast due to traffic and realised that we were running late for the session. We prayed to the Rishis to help us. Somehow we could pass on the message to the

school that we were late by 10 minutes. When we reached the school we saw that the afternoon school had not yet started. The teacher said, "I requested the Headmaster to start the school 10 minutes late. You are doing selfless work. It is our duty to help you." The 1st bell was given late just to have the session in time ! We were stunned and thanked Rishis and Guruji for the same.

**Ashutosh**

On February 1st we were channelling Light in a big hall in a school, which was full of sparrows. When we started channelling, the sparrows were making noise. I thought that the noise will disturb the students and told them to ignore the noise and focus on channelling. The moment I said this, all sparrows became quiet and remained quiet throughout the session, which lasted for five minutes ! After the session when the students opened their eyes and began talking, even the sparrows began tweeting !

**Santosh Kore**

There is a very cute and calm dog that lives around our Housing society. Some months ago, I noticed a boil on his neck. I sent Light. In a week it got healed completely.

**Hemant Sharma**

On 28th December, when we conducted Light channelling in Sarkari Proudhashale at Thalagavara a student revealed to us that she was present at Govt. High School, Chintamani on 22.12.2010, when we conducted the session there. She had been practising the technique since that day. She was praying that we visit her school



and teach the technique to the students. Her prayers were answered in just less than 7 days !

**Mukesh Kumar Parmar**

While going to the Police Commissioner's office, Pune to conduct a Light channelling session for the traffic police, we forgot the laptop, to be used for the presentation, in the rickshaw. After the session, when we told the police they were surprised to see how calm we were and how we had conducted the session without letting anyone get any inkling about what had happened. We told them that as there was "Light" in the laptop, we would certainly find it. An announcement was made but no one responded. In the evening when my sister went to lodge a complaint, a policeman came there with the laptop ! It was a miracle and even the police were forced to admit that Light works in wondrous ways.

**Medha Kulkarni**

I conducted a Light channelling session at a semi slum area at Pune today for the children and their parents. After the session, conducted without any visual aids, one lady, Pramila shared her experience eagerly, "Madam, when I opened my eyes, I could not see anything. It was white everywhere and all people sitting here were balls of white Light. I closed and opened my eyes again to make sure, but it was the same for sometime !" It touched me deep !

**Geeta Joshi**

When a Non-Meditator understands and spreads the Light guided by her own intuition before the Light channelling team begins their task, we begin to

understand the miracle that Light is. Our team of volunteers visited Buvana Krishna Mat. Hr. Sec. School, Chennai on a holiday and conducted Light channelling session for 20 students playing volleyball on the campus. Once the session was over, the Principal explained with enthusiasm that she had seen the place full of Light and our volunteers glowing. On our next visit to the school to seek permission for conducting Light channelling sessions class-wise, she informed us that she had already conducted the session voluntarily in the assembly in our absence and was greatly delighted to allot the dates after vacations. She had done it purely out of her own interest and initiative ! She attributed her heartfelt thanks to Light channelling for making the whole day run smoothly in spite of the day's smothering hiccups. She also said that her daughter could write exam well because of Light channelling. The Love of Guruji and the Light Masters is overwhelming.

**Padmaja Balaji**

I was conducting Light channelling session at Jyothi School, Bangalore. All the children had closed their eyes and were channelling Light. I was just looking about when I saw a beautiful butterfly flying over the children. It started touching each child at the heart region. It was amazing to see that it touched almost all children and then flew away. The children were blessed.

Every time I conduct Light channelling, I close my eyes and channel Light along with the children. After a minute or so, when I open my eyes, the whole ground, the school building as well as the children and the teachers will be glowing with Light. Everything around will be bright with Light.

I agreed to go to SVN English School, Bangalore. The previous night I was running high fever, cough and cold. I decided to go anyway. In the morning, I got ready and found that I was perfectly alright. I had no fever, cough or cold ! I did the session happily and came back. Within half-an-hour of coming back, I was again running high fever with cough and cold !

**Sunil Bisarahalli**

On 14th February, we had a Light channelling session at New Vanivilas Girls High School, Bangalore at 9.15 AM. When I started my car, it started showing signs to check the vehicle. I reached the school in time but was really worried about it. During the session I channelled Light to the car also and requested to do the needful. After the session when I started the car, the check sign had vanished ! After finishing one more session at another school we returned home safely.

**Ramesh V. Bhosekar**

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.

My one-year-old baby had fever on the eve of the 'World Channels Day', February 1st 2012. We needed to see a doctor the next morning, since fever was not coming down. And I had to go for the World Light Channels day sessions to far off places like Whitefield. To take him to the doctor, I would have had to miss the

sessions during the morning, and there was no backup plan. I sincerely prayed to the Rishis, Guruji, Master-V and Amaraji requesting help. If my baby had fever above 100°F, I would have had to miss the work. In the morning his fever was just at 100°F, so I started from home for the Light channelling session with confidence. I was relieved to find that the baby was fine during the day. And without any further medication or consulting a doctor my son completely got over the fever.

**Vinu Varghese**

As part of the plans for Amara Jayanti, myself and Usha Satishchandra wanted to visit many schools. 2 to 3 days before I found that my two-wheeler was stopping in between. On that particular day when I started my vehicle I prayed to it not to trouble us. To our surprise it didn't stop in between. I thought maybe my son had got it repaired; but he hadn't. Next day again the vehicle did not start as the battery was weak ! For Light channelling work even vehicle gets tuned to it.

**Jyothi Shanbhag**

Small miracles have become a part of my life. Each Wednesday our Mysore team meets at Infosys and channels Light. But yesterday a meeting was scheduled at that time which would have made it difficult for me to attend the Light channelling session. I was thinking of making an excuse to my manager and go for channelling. I even went to his office but did not find him in his cabin. Soon I received a mail from him stating that the meeting has been postponed to Friday ! Wonderful are the ways of Light !

**Akash Malik**

The Program Director of one school had heard about the Light channelling session and wanted to conduct it in their school and was wondering, whom to contact. One day, due to a road block I was standing in front of that school and I had a strong urge to conduct a Light channelling session there, even though I was not a volunteer then. We got permission from Headmaster and conducted the session. When we met the Program Director to regularise the school I realised what had happened.

**Nirmala Bala**

In 1st and 3rd standard class of a school, the teachers advised me to leave alone two mentally challenged boys, because they do not sit quietly even when the class is in progress. After I finished explaining when we all started channelling, the boys quietly sat down and channelled Light without opening their eyes ! When I asked them how they felt, they could not explain, but both smiled and thanked me.

In the 8th standard class, when I started giving the details of channelling, a crow flew in through the window and sat on the fan. It was making lot of harsh noise. It was almost deafening. But when we started channelling the crow became still. It looked as though it was also channelling the Light. During the entire session it was in the same motionless posture and when the girls started talking after the session, it quietly flew out of the window !

In 4th standard class, one boy was deaf and dumb. I did not know this and went ahead with the usual explanations. The boy was looking intently at the picture and when I asked everyone to channel Light the teacher

told me about him. I asked, making signs whether he understood. He nodded his head. When we started channelling, he also closed his eyes, and when I asked the children to open their eyes, he also opened ! He explained the entire details in sign language and also told that he will channel daily before he goes to sleep and in the morning when he gets up !

**Rajalakshmi**

I had applied for leave on February 1st, for Light channelling sessions. But just two days before I was told to take care of a customer Demo on February 3rd morning. Preparing for presentation and hardware setup for the demo would need at least 3 to 4 days. I got a bit tensed. But I said to myself that I couldn't miss the sessions and somehow felt inside that Rishis would take care of this. On February 2nd morning I saw a mail that the demo was cancelled as the customer who was supposed to visit wasn't feeling well !

**Rani Sawade**

On 12th March I slipped from the stairs and fell down. My backbone was injured and I could not sit for Meditation for one week. On 17th, I joined a group Light channelling session with other meditators, in spite of the back pain. We all channelled Light for 30 to 35 minutes. After the session I noticed that my backache had reduced by 90%. I was surprised and also happy.

**Pratibha Oak**



## **Light Channels World Movement**

This Movement was launched on May 18th, 2008 by the Hierarchy (the Seven Sages or Light Masters), through Guruji Krishnananda. The Hierarchy are in charge of all Galactic Councils.

This is a Movement in Conscience. A Movement to make this world a beautiful place to live in Peace and Love. This is a Movement of Light without any sermons, banners or boundaries. Everyone and anyone is invited to join to make this the greatest Movement ever built. Let us spread this to millions and millions of beautiful people who are waiting for a World Leader to lead the humanity away from wars and conflicts at all levels, away from the darkness in thoughts and emotions to the New Age of Light. This Movement is backed by the World Leader who will appear to all of us at an appropriate time and is now actively working at the Astral plane.

All that we have to do is to just channel and spread the Light which is above us in a subtler realm daily for seven minutes when we wake up and go to bed.

Do not worry about any technique. A plain request is enough. The Light will flow through us. The Light has Intelligence, Power and the Future. The Light has everything. When we spread it, it enters others' hearts and homes and transforms all the darkness in thoughts, emotions and systems into Light full of Love and Peace. The individuals transform. The families, societies and nations transform. There is no doubt about this. It is a matter of time.

The leaders do not have the urge and vision. But we, the ordinary simple people, can transform the world. Let the Movement begin from you NOW. Channel the Light and pass on the message to others to do it in every way possible. Speech, Blogs ... you know.

The Light fills up the nature and all other living beings like the animals, birds, fish...They receive the Light fast and vibrate Love and Peace. The Light brings changes in environment and climate. There will be changes everywhere. Such Transformations on this Earth have occurred in earlier cycles. It will happen this time also.

Let us not waste time. Let us not wait. Let us begin. Let us build up the Light Channels World Movement for Peace and Love on this Earth.

**A few clarifications and elaborations:**

*Q. What is Galactic Council ?*

A. There is Life in planets in other Solar systems of our galaxy. There are intelligent evolved human beings there. The Galactic Council is a group of Light Masters, who monitor, protect and guide the humans. Presently, they are helping us to transit into the New Age or Satya Yuga, through their chosen channels.

*Q. What is Light ?*

A. Light is the Creative Intelligence behind the Creation. Light is the formless God. Light carries within it Love, Wisdom and Energies. This Light is not the physical light. It is very subtle and pervades the higher subtler realms. It can be accessed by thought, Meditation and by extending our Awareness.

*Q. What is the purpose of this Movement ?*

A. It is to bring Love and Peace to the Individual, to his surroundings and ultimately to the whole world. It is also to help the individual and the world to enter into the New Age. Light works in many ways and at many levels.



*Q. What is the Technique ?*

A. It is very simple. Sit comfortably. Close your eyes and relax. Imagine that there is a huge globe of bright white Light above you. Imagine Light from the globe descends, enters and fills you up. Experience the Light for a minute. Then imagine the Light spreading out around you filling up your home, locality and then the entire earth. Spread the Light for seven minutes.

You can practise this at any time. But if all of us practise this at the same time, the impact is better. So, let us practise it when we wake up in the morning and go to bed at night.

*Q. Who can practise this Technique and participate in the Movement ?*

A. **Anyone. Everyone.**

*Q. Who prompted this Movement ?*

A. The Hierarchy.



## Our Other Publications

Doorways to Light  
Master-Pupil Talks  
Preparing for 2012  
Higher Communication and Other Realities  
New Age Realities  
2012 - End or Beginning  
Light  
Living in Light  
Light Body and Other Realities  
iGuruji (Vol 1 - Vol 6)  
Living in the Light of My Guru  
How to Meditate  
Dhyana Yoga  
Descent of Soul  
Practising Shambala Principles  
Astral Ventures of a Modern Rishi  
Channelled Knowledge from the Rishis  
Channelled Knowledge from the Rishis (Vol 2)  
Guruji Speaks (Part I)  
Guruji Speaks (Part II)  
Guruji Speaks (Vol 3)  
Guruji Speaks (Vol 4)  
The Book of Reflections (Vol I)  
The Book of Reflections (Vol II)  
Meditators on Meditations  
Meditators on Experiences  
Meditational Experiences  
Awareness

ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು  
ಗುರು ಶಿಷ್ಯರ ಸಂಭಾಷಣೆ  
ಹೊಸಯುಗದ ವಾಸ್ತವಗಳು  
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ  
ಐ-ಗುರುಜಿ ಭಾಗ 1  
ಐ-ಗುರುಜಿ ಭಾಗ 2  
ಉನ್ನತ ಸಂಪರ್ಕಗಳು  
ಅನಿಸಿಕೆಗಳು  
2012 ಅಂತ್ಯ ಅಥವಾ ಆರಂಭ  
2012ಕ್ಕೆ ಸಿದ್ಧತೆಗಳು  
ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ  
ಧ್ಯಾನ ಯೋಗ  
ಆತ್ಮದ ಅವಲೋಕನ  
ಶಂಬಲ ನಿಯಮಗಳ ಅಭ್ಯಾಸ  
ಆಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅತೀಂದ್ರಿಯ ಸಾಹಸಗಳು  
ಗುರುಜಿ ನಾ ಕಂಡಂತೆ  
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು  
ಬೆಳಕು  
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ  
ಕಾವ್ಯಕಂಠ ವಿಸ್ಮಯ ಗಣಪತಿ ಮುನಿಗಳು  
ಆನೇಕಲ್ಲಿನ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು

ऋषीकडून मिळालेले ज्ञान (Marathi)  
उच्चस्तरीय संवाद आणि इतर सत्ये  
२०१२ अंत की आरंभ ?  
२०१२ सालाची तयारी  
प्रकाशवाट  
आयगुरुजी  
ध्यान कसे करावे  
ध्यानयोग  
आत्म्याचे पृथ्वीवर अवतरण  
शंबला तत्वांचा अभ्यास  
एका आधुनिक ऋषीचे सूक्ष्मजगातील पराक्रम  
प्रकाशमय जीवन  
प्रकाश

ध्यान कैसे करें (Hindi)  
ध्यानयोग  
प्रकाश की ओर  
प्रकाशमय जीवन  
प्रकाश

ధ్యానం చేయడం ఎలా (Telugu)  
కాంతి ద్వారా  
2012 కై సమాయత్తం  
గురునింగత్యం

த்யானம் செய்வது எப்படி (Tamil)  
த்யான யோகா  
2012 - முடிவா அல்லது தொடக்கமா  
ஆத்மாவின் அவரோஹணம்  
ஷம்பலா நியமங்களின் அப்யாசங்கள்  
நவீன ரிஷி ஒருவரின் சூக்ஷ்ம  
சாஹசங்கள்  
ஒளியின் வாயில்கள்  
ஒளியில் வாழ்க்கை  
ஒளி

The Light that I am talking of is not the physical one, as we all know. This Light is energy. It has great intelligence. It carries Love, Peace and Healing energies. It can help us in every way at the individual and at the global levels. The next age that we are shortly entering into is called the Light Age. Every one of us has to carry the Light and spread the Light all around the world to prepare ourselves and the world to enter the Light Age. That is why we have to experience and channel the Light.

—Guruji Krishnananda

