

LIGHT



KRISHNANANDA

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This Booklet

is for the young and the old, for the students and the professionals, for the initiated and the un-initiated. It is for the religious and the non-religious, for the intellectuals and the mystics and for this countrymen and for all countries' men. It is for all.

THE LIGHT IS FOR ALL

I am writing this booklet about the Light to introduce the Light to everyone because the time has come for every one of us to know about the Light. We are entering into the Age of Light. We must know about the Light.

All the Knowledge here is from the Rishis. I am just a channel.

I, not only speak of the Light and its applications in our Life but also, about channelling the Light at the end.

What is Light?

The Light is the Source from which this whole Creation has manifested. The Light is the Source from which all of us have come. The Light is our Origin.

Is this Light God?

Yes, It is. I will not hesitate to call It God. But you may choose any word, any description. It is not important. We come from the Light. We are particles of Light. We are Light. It is important to know this. And experience this.

Where is this Light?

Everywhere. It is omnipresent.

Then, why don't we see it?

Because, It is at a different frequency level.

How to see it?

By shifting our frequency level. By meditating.

What is the benefit of seeing?

Awareness. Awareness that leads to Experience. Experience transforms our consciousness into Light Consciousness. If we continue experiencing for long, we become Light. This is real Enlightenment; really becoming Light.

After Enlightenment?

Many things.

The most important thing is that we will be

having the wisdom and strength of the Light. We can lead the Material and the Spiritual lives perfectly balanced.

Can everyone achieve this?

Yes. Enlightenment is everyone's birthright.

If Enlightenment is so easy, as you say, then why is it that we are not enlightened?

Because we have not attempted. We have not spent the required time on this. We did not search.



THE LIGHT HELPS ALL

There is no doubt about it. The Light helps all. We must learn the ways of seeking Its help. I list some ways of seeking the help here. You can call them as techniques or tips. One may use these or may choose their own or devise his own. There is no harm and everything works. It is only when we practise Hatha Yoga that we have to be careful about all the details of the techniques. Not here. The Light has great compassion and understands our intents. It is very accommodative and accommodates our innocent deviations and

even mistakes.

For Memory and Concentration

Sit quietly and comfortably facing North. Close your eyes and breathe slowly for a minute. Relax.

Then, think of the 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, if possible, before you begin your studies or before writing in exams.

This practice helps in assimilation of knowledge, storing it in our mind and retrieving it when we want it.

Thousands have practised this and

have benefitted immensely.

For Anger

Anger is the one thing that every one of us would like to get rid of, if not, at least, contain.

When you get angry, slow down your breathing, both inhaling and exhaling. This itself contains the anger and this is practised by many. You may make this much more effective by taking help of the Light.

When you inhale, imagine that you are inhaling the 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.

If you regularly practise this, you will not get angry at all. Believe me.

For depression

Sit quietly facing east and close your eyes. Practise the above technique for containing anger, for three rounds.

Then, imagine your whole body full of the Light. Experience the Light. Practise this for a minimum of seven minutes to one hour.

For problems

All of us have problems, small and big,

some or many. Sometimes, we are unable to deal with them. We require and seek help from others. Then, we rush to the Astrologers and Tantriks and waste a lot of money. But the problems remain with us like shadows. I am not saying that the Light solves all our problems miraculously. The Light provides us unfailing wisdom and strength to face them. We get relief invariably.

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 several or 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. Then, listen quietly. You will receive responding thoughts. 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 always *hear*.

The Light has Intelligence, Compassion and Power. Its vibrations build up a field of energy that works in ways incomprehensible to us and bring us the results.



LIGHT HEALS

Time heals, we say. The Light heals faster and directly. All the Healers' groups draw energies from the Light.

A person can heal himself. He can heal others also.

We can heal people and all living beings including animals, plants, birds and sea-creatures.

Everything has Consciousness. The Consciousness has intelligence. It has a core. The core has a personality. We can

invoke the personality by offering energies and Love. We can communicate with the personalities. Thus, we can communicate with any inanimate object.

Try speaking to your vehicles, walls or anything that you come across. You will *hear* them. You will be surprised to know that they too have feelings and emotions. We can heal them.

A home, a locality, a town, a city, a nation and finally the earth have their energy fields, cores and personalities. Our thoughts and actions impact their bodies. If our Meditations carry peace and love, violence and killings make wounds on their bodies. All wounds can be healed. All tears can be wiped out.

Healing our places of living and healing mother earth is our duty and an act of atonement because the wounds are inflicted by us, the human beings.

There are several ways of healing. The best way is channelling, channelling the Light.



LIGHT CHANNELLING

What is Light Channelling?

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

How does Channelling the Light help?

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

How does it help more individually?

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.

Is any preparation required?

No preparation is required except the

desire to change ourselves and the world.

Are there any restrictions?

No.

Is there any technique?

Imagine an ocean of Light above you. Imagine the Light descending and filling up your body. Then, experience the Love and Peace of the Light for a minute and then, imagine it spreading out gradually to your home, locality, country and the world.



LIGHT CHANNELS WORLD MOVEMENT

was launched by Guruji Krishnananda, founder of the Rishis Path, on 18-05-2008.

The Movement is to channel the Light daily for seven minutes when we wake up or go to bed from our own place on this earth.

The aim of the Movement is, mainly, Peace on this earth.

If all or many channel Light, the impact will be more. If many channel at the same time, the effect is faster.



UNIQUENESS OF THE MOVEMENT

- Oneness by the Light.
- Non-religious, Universal.
- No restrictions, no conditions.
- No membership.
- Everyone can contribute to Peace.
- Helps the individual, helps the world.
- Prepares us and the world to enter the Photon Belt, enter the New Age.



THE GREAT EVENT

On 26th February 2008, hundreds of people gathered at the Koramangala Indoor Stadium in Bangalore, India. They were joined mentally and astrally by thousands of people from other parts of India and from all over the world to channel the Light

for seven minutes from 07.30 pm (IST).

Huge preparations were made at the physical and the Astral levels. The Rishis, the Spiritual Masters, now in the Astral Planes had gathered thousands of Light Workers at the Astral level to channel Light.

The Rishis had made huge preparations to gather a great Spiritual Energy which descended along with the Light channelled. This energy can be received by all Meditators now.

This energy helps everyone and everything on this earth to quickly go through the Transitory processes of purifying, restructuring and transforming ourselves to live in the next Age of Light, which is not far away.



LIST OF OUR PUBLICATIONS

Doorways to Light

New Age Realities

2012 - End or Beginning

iGurujī - Vol 1

iGurujī Part - Vol 2

Light

Living in the Light of My Guru

A Package from the Rishis (containing 5 Booklets)

- How to Meditate - Dhyana Yoga
- Descent of Soul - Practising Shambala Principles
- Astral Ventures of A Modern Rishi

The Masters Answer

Channelled Knowledge from the Rishis

Gurujī Speaks Part - I

Gurujī Speaks Part - II

The Book of Reflections - Vol 1

The Book of Reflections - Vol 2

Meditators on Meditations

Meditators on Experiences

Meditational Experiences

Awareness

Living in Light

ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು

ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ

ಐ-ಗುರೂಜಿ - ಭಾಗ 1

ಐ-ಗುರೂಜಿ - ಭಾಗ 2

ಅನುಭವಗಳು

ಋಷಿಗಳಿಂದ ಬಂದ ಕೊಡುಗೆ (ಐದು ಪುಸ್ತಕಗಳು)

- ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ - ಧ್ಯಾನ ಯೋಗ
- ಆತ್ಮದ ಅವರೋಹಣ - ಶಂಬಲ ನಿಯಮಗಳ ಅಭ್ಯಾಸ
- ಆಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅತೀಂದ್ರಿಯ ಸಾಹಸಗಳು

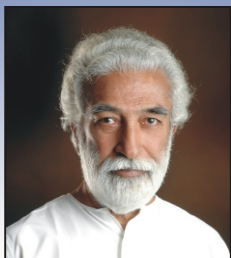
ಗುರೂಜಿ ನಾ ಕಂಡಂತೆ
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ
ಕಾವ್ಯಕಂಠ ವಸಿಷ್ಠ ಗಣಪತಿ ಮುನಿಗಳು
ಆನೇಕಲ್ಲಿನ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು

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प्रकाश की ओर (Hindi)

தியானம் சைய்வது எப்படி
ஒளியின் வாயில்கள்
ஒளியீல் வாழ்க்கை
தியான யோகம்
ஆத்மாவின் அவரோகணம்
நவீன ரிஷி ஒருவரின் சூಕ್ಷ்ம சாகசங்கள்
சம்பலா நியமங்களின் அப்பியாசங்கள்

ಧ್ಯಾನಂ ಚೈಯ್ಯಡಂ ಎಲಾ
ವೆಲುಗುಲೆ ಜಿವಿಂವಡಂ
ಕಾಂತಿಕೆ ದ್ವಾರಮುಲು



GURUJI KRISHNANANDA

is the direct Disciple of Maharshi Amara. He developed Saptarshi Dhyana Yoga and has taught Meditations from 1988 to thousands. He has written many books which contain rare Knowledge and Insights.

His book “Doorways to Light” is considered as a rare Textbook in

LIGHT

Rs. 10/-

