



Guruji Krishnananda
(1939 - 2012)

was a direct Disciple of Maharshi Amara (1919-1982) who had close contact with the Rishis in the higher realms. Guruji met Amara in 1977, joined his Spiritual Project in 1982 and began teaching Meditation in 1988. He founded Manasa Foundation in 1988, a Study Centre to study the Spiritual Realities in 2007 and launched Light Channels World Movement in 2008.

He founded the Rishis' Path, trained a band of Teachers and has written many books. His most famous book is "Doorways to Light".

Manasa Foundation (R)

conducts Meditation Classes of the Rishis' Path in Taponagara, Anekal and several centres in Bangalore city. Meditation is taught also through postal and e-mail lessons.

LIGHT

GIVE LIGHT A CHANCE



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What is Light ?

This Light is not the physical light. This Light is the Source of all Creation. The Source of all positive energies. The Source of Love, Peace, Truth, Wisdom and all Life. This Light is God.

Where is this Light ?

Everywhere.

If the Light is everywhere, why channelling is necessary ?

Because the Light is at a subtler level.

What is channelling ?

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

How does channelling help ?

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

How does channelling help the individual ?

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

Who can channel Light? Is any preparation required? Are there any restrictions ?

Anyone and everyone can channel Light. No preparation is required except the desire to change ourselves and the world. There are no restrictions.

LIGHT CHANNELS WORLD MOVEMENT

was launched by Guruji Krishnananda, the Founder of Rishis' Path, on 18-5-2008.

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

The aim of the Movement, mainly, is 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.

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.

Practise this for a minimum period of seven minutes.

Uniqueness of the Movement

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