



*MERRY CHRISTMAS AND HAPPY NEW YEAR*

*From*

*SUNDARI ENTERPRISES*

*Sandra Faye*

*When Christmas comes, people usually think of buying gifts for their loved ones. A few think of the upcoming services which their church may be planning to offer with wonderful music. Many will be totally focused on picking out a Christmas tree and planning the perfect decorations to place on it. Truly, it is good to celebrate the birth of Christ with songs, dinners, and the exchange of gifts; but if material festivities becomes the major and even the only purpose of all the Christmas celebration, it is sad to have to say, nothing of real spiritual value is gained.*

*We can learn how to make our celebration of Christmas a real commemoration of the holy life of Christ, a truly spiritual and uplifting experience. My beloved mother who was simply a joyful light upon this planet always taught me to put Christ in first place no matter what I did. She taught me that I could speak to him in my mind and heart 24 hours a day any time and not just at church or on holidays. My dear Kriya brother and teacher taught me as well that on Christmas Day we should exchange not only useful gifts, but God-reminding gifts.*

*The original meaning of religious symbols and holy days is often forgotten. Thus, many people think of Christmas as an ordinary holiday festivity and forget Christ. When this happens, the great spiritual significance of Christmas is lost in one's life.*

*Yogananda once said, when one loses the true significance of Christmas it is like going to a movie where people are only paying attention to the story and adoring the actor's skill but they do not hear the beautiful music that is being played. So it is with Christmas entertainment where people are focused and concerned about the decorations and who has on the cutest or latest fashionable apparel. Looking at the true definition of entertainment we would find that it*



means, "Meaningless activity." It also in Hebrew means, "To detain from entry." So we could ask ourselves regarding our own life, "detained from what entry?" The answer would of course be, entry into the higher spiritual realms.

Makes sense to me. I believe and practice a lifestyle that rejoices knowing that such a holy being as Christ was given to serve as an ideal of perfection for a deluded humanity to follow.

The loving teachers in my life have given me years of truth teaching which when applied always allowed me to experience the beneficial outcome. A major teaching is that we take our consciousness from the bondage of mere material festivities which bring short term fun experiences and with closed eyes enter the door of meditative silence to become aware of the vastness of true PEACE spread within and without our being.

If one goes deeper, it may be possible that you will meet Christ coming to you in his glorious robes of bliss and your joy will dance in every atom of your body. This is a joy that one can only explain as feeling so full of happiness and excitement that no words can express. It must be and can be experienced.

Celebrate Christmas this year by offering Christ-Peace to every country in this world. Claim that your family will be blessed with this Christ –Peace and that you will be a Light in their world and their Light will be in yours.

Yes, I state now and forever more, "My Christ-Peace is descending upon every living thing, upon every star and upon every speck of matter and is pervading the entire universe. So be it!

MAY THIS BE YOUR MOST ENJOYABLE CHRISTMAS EVER

