



Sundari Enterprises THE FLASH LIGHT

The Tool Used for Seeing More Clearly

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FEBRUARY - THE MONTH DEDICATED TO LOVE

Happy Valentine's Day - By Sandra Faye

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True love is of the Divine and is the highest attribute of the human soul. Among individuals, it is the harmonious vibrations between bodies, minds, and souls. Love is the dynamic principle of life itself. It is the interior element of the creative principle fully manifesting throughout the entire universe and the central fire of the soul.

Love is the most powerful spiritual force in the world. It embraces within its sphere of radiation all the other positive qualities of the soul. Some of those would be faith, hope, charity, kindness, patience, forgiveness, and unselfishness. Love is the expression of the Divine through the medium of the human soul. It constitutes the most vital energy required for man's spiritual advancement, and the farther the individual has advanced in spiritual lifestyles; the more spontaneous and far-reaching will be his expression of love.

*Sometimes, when our understanding might be limited, we fail to note that there is between bodies a sort of chemical affinity which draws one to another. This is **misconstrued** as love. Individuals may be attracted toward each other through the physical alone, through the mental alone, or only through the spiritual. Combinations among these three may also be formed through which people are attracted. It is demonstrated worldwide that when union takes place only through the senses or physical organism, the passions of nature counterfeit love and are soon experienced as simply time spent on satiated desires. From this activity, it has been seen by many in the consulting field, that it is an easy avenue which opens to passions of anger, jealousy and even hatred. It many times is an easy step to tragedy.*

*Now, if desire, jealousy, or any form of selfishness surrounds or colors the feeling called **love**, know that they mark an attachment of a much lower realm of being. When there is a bond between two people, and a necessary separation takes place, grief on the part of either one will bind both people and prevent the continued guidance of the spiritual journey of either or both. If one's love is pure, he (she) will release the selfish ties that bind and will give the loved one, whether on the earth or having passed beyond, freedom to go and come in response to their purpose in life according to ones higher well being.*

The wonderful wisdom which I write about was issued to me years ago by a master psychologist who had his clinic across the street from our Chiropractic clinic in Colorado. . I had to live this truth in my own life to

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WHO

SEEK IT

FEBRUARY - THE MONTH DEDICATED TO LOVE - Continued



Lisa Lenox
Designs Sundari's
Flash Light
Newsletter

understand how absolutely accurate the words were that he issued to me for days. He said, "True love emanates from the Divine." Words continued to flow to me daily as he took me into the mountains for peace and healing. He spoke to me about love being a complete unity with life and only as the soul becomes conscious of its ONENESS with all that lives, can it give expression to love that is genuine. The nature of true love is to give and to bless, as the sun gives its light and the flowers their fragrance and it does not demand or require anything in return. False love centers about itself; it is selfish, binding and exacting. Since it is not genuine, it is shallow, temporary, and sometimes influenced by criticism, condemnation, and jealousy issued. False love gives only with the thought of getting something in return. It is demanding and lives for itself and its own gratifications.

When our love is confined only to certain individuals or groups; when it is colored by our opinions, and prejudices; when it is restricted by belief and social status, then we are indulging in a counterfeit love. We classify and segregate people according to our likes and dislikes. We show kindness and consideration to those close to us, but to strangers we can at times be cold and indifferent. We are taught to love our country, our religion, our way of thinking and living, while those who choose to think differently become people we avoid and at times they become victims of our own bitterness. Two opposing forces cannot flow from the soul at the same time. Love is opposite of hatred, and it is contrary to the Law of Opposites for the vital energy of life cannot be love while issuing hatred. Jesus said, "Love your enemies; love those that hate you."

My teacher in Colorado also explained that the emotion of love is an electro manifestation from the brain which is stronger than that of hatred; therefore it can overcome hate. When the soul is animated with love, it radiates the warmth of its feeling, and it blesses and inspires whomsoever it contacts so that the object of its beneficence will reflect back the same ennobling influence.

The power of attraction of genuine love brings together those who are divinely inspired to create something worthy of love. The bonds of loyalty of souls who are united in this way cannot be broken. When one's creative capacity is endowed with love, it will release untold benefits to bless humanity.

*True love expresses itself in the growth and development of personality. Through Divine love we become conscious of tremendous inner power, amazing capacities, higher aspirations, and greater freedom. As we begin to love all life as an expression of the Divine, we find it easier to perform our daily tasks and to meet life's challenges. Through love, we rise above the lower elements in ourselves and in others. We become conscious of greater beauty and joy in the universe. Love must be the master of the self. It must **control** the passions of the body, the thoughts, and the imaginations.*

One of the most beautiful qualities of love is the faith it creates—faith in God, faith in humanity, faith in the purpose and possibilities of life. Truth is best known as Love.



Janet Carr
Maintains the Website
www.sundariscorner.com

Speaking Of Love By Sandra Faye

Maybe as we peruse the following words, we can motivate ourselves to spend a greater portion of each day affirming we will send thoughts of love into this world.

I received the information about which I am writing on April 8, 1982 in Craig, Colorado about 4:00 AM. It was a message that I actually heard deep inside my mind and heart as I was awakened that morning. 4:00 AM was the usual time I would receive words which I would write before arising. This particular time I heard the voice state, "E Pluribus Unum, was one of the first great laws of God. It means ONE expressing through many."

As I sat looking out across the land behind us watching the antelope, I felt these words within, "It is desired that you review your entry into planetary consciousness. Why are you here at this very time on earth? Many share in your love of God, and many in other realms love you therefore; this comes to you now because it is important that you RECALL why you are in America at this time."

I pray each of you reading this will contemplate these next words over and over until they sink deeply into your soul. I began to see in my mind's eye, the Statue of Liberty. I saw written in large bold letters, THE GREAT TRANSFORMATION. The next impression received in words was that America was to be the Great Teacher on this planet earth. There is much more that was received but I need to move on with a short version for now.

*I saw, felt, and heard, that there is a great plan for this earth which is coming forth as a GREAT TRANSFORMATION. America is chosen to bring forth the higher principles of living which is already within this planetary manifestation for the physical globe is not all there is as we all know. This world is partially asleep but when it awakens more fully by going through many challenges (opportunities) including wars and rumors of wars and receiving the continuous outpouring spiritual radiations, it will transform itself into that which it was originally created to be, a paradise, a land of peace, and a land of **LOVE AND CONTENTMENT**. Does this seem impossible? It is completely **POSSIBLE**. Truth brings freedom!*



“ we can motivate ourselves to spend a greater portion of each day affirming we will send thoughts of love into this world.”





MAY PEACE PREVAIL ON EARTH

If there is to be peace in the **world**,
There must be peace in the **nations**

If there is to be peace in the **nations**,
There must be peace in the **cities**.

If there is to be peace in the **cities**,
There must be peace between **neighbors**.

If there is to be peace between **neighbors**,
There must be peace in the **home**.

If there is to be peace in the **home**,

There must be peace in the heart.

“Love
is the light
that dissolves
all walls
between souls,
families
and nations.”

-Paramahansa
Yogananda

A Message For 2012 From Sandra Faye

I want to LOVE you without limiting you,
APPRECIATE you without reservation or judgment,
JOIN you without interfering,
INVITE you without forcing,
SERVE you without insulting,
LEAVE you with courage.

IF I CAN have the same from you,
Then WE CAN truly share in our UNFOLDING.



MEDITATION IS BENEFICIAL TO EVERYONE

Meditation is a way of focusing the mind, stilling the endless mental chatter that drains our energy and creates stress and negative feelings. Although it requires us to set aside some time to turn our attention inward, the benefits gained in the quiet time can transform our relationships. The practice of meditation increases our awareness of ourselves and how we relate to the rest of creation. It enables us to live fully in each moment with contentment, serenity and love. One may ask, “How is it possible to have contentment and serenity each moment?” Here is the answer. When one feels overwhelmed by a situation, meditation is the KEY to calming the mind and emotions so that the contentment comes easily.



When the mind is freed from the turmoil of everyday concerns it is able to turn inward to find spiritual wisdom in a state of expanded awareness. It is possible, through the regular practice of meditation, to transform the quality of our lives totally.

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and go to contact page.



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SUNDARI ENTERPRISES

**BRINGING LIGHT TO ALL
WHO SEEK IT**

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The Flash Light

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Sandra Faye
Transformative and Motivational Consulting
Business and Personal



TAKE IT TO THE WORK PLACE

Over the years, I have helped many organizations enhance their business success by demonstrating techniques for creating “partners in excellence.” In 1995, I prepared a lecture on how to be more creative and balanced—personally and professionally—for an association of company presidents. This assignment proved to be very important to the attendees and the community overall as well. This landmark lecture was not only a huge success for those in attendance but also televised to remote sites and its recordings maintained by their training organizations for new personnel orientation and team building.

Administrative consulting is just one of the many beneficial services I offer to the general public. If you need to improve or enhance your business, start by investing in your single most valuable asset: your staff. Contact me for an initial consultation and find out how you can get started in your discovery of unlimited success.

---Sandra Faye