



# The Flashlight

The Tool Used For Seeing More Clearly

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SUNDARI

ENTERPRISE

BRINGING

LIGHT TO ALL

WHO SEEK IT

**Let go and  
relax...  
When you  
are calm, you feel  
the whole  
universe  
of happiness  
rocking  
gently  
beneath  
your  
consciousness---  
Paramahansa  
Yogananda**

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## SANDRA FAYE

### DEDICATED TO THE UNFOLDMENT OF ALL HUMANITY

Since the early 70's, Sandra has been a featured guest for various conferences, business workshops and media presentations bridging the wisdom of our past with the awareness of the future.

A former specialist in Chiropractic Rehab, owning and managing three clinics, a Fitness Center and a Montessori type preschool, she currently teaches Successful Management techniques, motivational and life science workshops, and offers private consultations to those in need of one-on-one assistance.

Years of experience in studying realms of consciousness and the practice of Kriya Yoga, uniquely qualifies her to bring a greater spiritual awareness to others seeking their own personal truth about life today. Comparative Religion and In Depth Bible Studies were completed during a course given by Clearwater Christian College in 1965. She was awarded with honors for her successful completion of "Ethics for Business Survival" in 1988 by Practice Management Association.

Personal training in Yoga was given to Sandra by a Buddhist Monk from Ceylon and she was certified by the American Institute of Yoga in Miami Beach, FL by Eve Diskin, Director.

Over the past several years, Sandra was a charter member of the American Parapsychological Research Foundation and was called on by several educational facilities to speak on parapsychology to Jr. High students to assist them on various topics listed in their philosophy studies. She is also a member of the Institute of Noetic Sciences founded by Apollo astronaut Edgar Mitchell.

A Human Potential Research and Development Center was founded by Sandra in Jackson, MS where she also co-hosted an NBC television show for two years while teaching Yoga on the show as well.

Sandra continues today with the same goal which she has focused upon for over 40 years, that being, to "gather partners in excellence," and complete her spiritual journey to the best of her ability.



**To see, feel and  
hear only that  
which is outside  
of you is to live  
in a limited world.  
Let us share ideas  
together to experi-  
ence our fullest  
potential and  
recognize the full  
measure of our  
creation.**



## THE PRAYER OF ST FRANCIS

*Make Me an  
Instrument of Your Peace*

Lord, make me an  
instrument of Your peace.

Where there is hatred  
let me sow love,  
Where there is injury  
let me sow pardon,  
Where there is doubt,  
faith,

Where there is despair,  
hope,

Where there is darkness,  
light,

And where there is sadness,  
joy.

O Divine MASTER, grant  
that I may not seek so much  
to be consoled,  
as to console, to be  
understood as to  
understand, to be loved as  
to LOVE.

For it is in giving that  
we receive. It is in forgiving  
that we are forgiven,  
And it is in dying that we are  
born to eternal life.

## “There is a great majesty to the Prayer of Saint Francis”

By Sandra Faye

Some even suggest that there is a great mystery about the prayer. Let us delve into the words deeply in a contemplative state of peace and quiet. Then read the following words as you begin to feel what St. Francis actually offered from himself to the world with this prayer.

When we try to understand God, we are like little children trying to hold the SUN in our hands. We can recognize the presence of something so grand and majestic but we cannot hold on to it physically.

We know deep in our hearts, that all great spiritual truths contain such a beautiful simplicity and a radiant depth of meaning that just eludes definition at times but yet gives life a unity that no amount of analysis can ever attain.

We are in the process of passing from one religious age into another. The spiritual trends of today are steadily becoming much more defined. The masses have never been more open to spiritual impression than they are at this time, and the door that opens into reality stands wide open. However; along with this significant development is a trend by many moving in the counter direction, and materialistic philosophies and doctrines which negate freedom are becoming increasingly prevalent.

Many who have experienced that which may be termed supernatural, know without a doubt there is so much more to life than what most people can even imagine. Then what happens? We want more. When I read of the stone tablets, I don't imagine finding them and reading them, I dream of touching the hand that wrote them and gave them to humanity.



Over time, we build great cathedrals of meaning or sit in caves and choose to be alone with God. We seem to do whatever we can to approach the majesty and mystery of God through the mind. But ultimately, the cathedrals and the caves may inspire us and give us a place to be quiet and alone, but this does not always bring us closer to the DIVINE PRESENCE.

In every tradition, there seems to be someone who "get's it" so to speak and a work emerges that seems to give us a glimpse of that presence. The work seems to come from the very heart of God and contains so much of what we seem to longingly seek. It can be so simple, so clear, so direct in its spiritual truth that it transcends analysis and understanding.

The prayer of St. Francis is such a work. It shines through all the contradictions and illuminates the way of the spirit like a light from the heart of God. It asks nothing of us that we cannot do, yet it commands the seemingly impossible. It is a mighty shout from a mountaintop of St. Francis's being.

In this beautiful and gentle prayer, he touches our deepest humanity and ignites the spark of our divinity. He makes the pathway clear, makes everything come alive. St. Francis gives us greater meaning to the song, "He's got the whole world in His hands!"

## Little Bits and Pieces

by Sandra Faye

The Digestive System - Ayurvedic Approach

Ayurvedic views of digestive function and efficiency are closely linked to the effects of the foods that we eat. *Agni* -- translated as "digestive fire" is described in the Katha Upanishad as "a being the size of the thumb" and "dwells in the middle of our nature like a flame without smoke." Digestion is divided into three stages, which are dominated by kapha, pitta, and vata.

### Studies in Truth

You are destined to be spiritually enlightened because, as an individualized unit of one Reality, your innate desire to be fully awake impels you to want to have your consciousness restored to its original, pure wholeness. It is also the inherent inclination of the one Reality to restore all of its units to their original, pure wholeness.

---Roy Davis, CSA

### Affirm Often

I am protected behind the battlements of my good conscience. I have burned my past darkness. I am interested only in today. Today I know I am the light of goodness. I am a lighthouse for souls tossed on the sea of sorrow.

---Paramahansa Yogananda

### Why Raw?

Not because it guarantees me optimum health like the other 80 million species who eat only raw. Not because it's the last word in nutrition. Not for saving time or money, not for the endless energy it provides me, and not because it helps the planet because instead of discarding packaging, which creates trash, I discard seeds, which give life. No, not any of these reasons. So why raw? This is why raw. *Taste and pleasure and only taste and pleasure.*

---Juliano

### Schedule Your Life

Read the worlds best books; don't waste time reading this and that indiscriminately. Read of medicine, astronomy, science and the scriptures. But one field needs to be your first concern: You must find your vocation in life. By contact with the Cosmic Vibration in meditation, you will be led to the goal that is right for you; you will be led to the work you ought to do.

--- Paramahansa Yogananda

## GOD WITHIN US

by Bill Irving

(son of Bill and Carol Irving)

God is within me that much I know  
God is within me I Love him so  
God's Love flows throw me and that makes me glow  
God's Love is within me He Loves me so  
God's Love heals me and that makes me grow  
God's Love completes me that makes me whole  
God is within me and I Love him so  
Amen

## Angels God's Messengers from Heaven



A fourteenth century fresco of the Madonna and Child by St Giovannino, in the Palazzo Vecchio in Florence, attributed to the 15 Century school of Filippo Lippi. A UFO hovers in the distance. A blow up of this fresco reveals details of the UFO including port holes. It seems to indicate a religious involvement between UFO's and the appearance of the Christ Child.

The scriptures and thousands of books tell us the Earth is being visited by angels from the planet Heaven. They appeared over a hundred times in the Bible to men and announced the birth of Jesus Christ 2000 years ago. Most of the world celebrates Christmas due to this birth. I suggest there is a strong connection with extraterrestrials and the Bible?

Angels are celestial beings believed to be messengers or mediators between God and humankind. In ancient Mesopotamia, ancient Greece, Judaism, and Christian-

ity and in Islam angels were sent from Heaven as divine messengers to humans to instruct, inform, or command. Angels apparently helped in the creation, when God said, "***Let us make man in our image, after our likeness.***" Angels also function as heavenly warriors and as guardians.

## *Words Spoken by Sai Baba In India Described as Being The Embodiment of Love*

*" My affection and love for you is that of a thousand mothers."*

*" I am always aware of the past, present and the future of every on of you"*

*" I am granting things out of Love, My Love will never diminish. I have no desire of any kind. I talk of Love, I guide you along the Path of Love. I am Love."*

*" There is only one religion: the religion of love"*

*" This human form of Sai is one in which every divine entity, every divine principle, that is to say all the Names and Forms ascribed by man to God are manifest."*

## Lessons on Truth Teachings - Spiritual Treasures

Are you ready to begin a FAITHFUL study which will enable you, the seeker of truth, to experience steady unfoldment on your chosen spiritual path?

Please take the time to pray and contemplate the new joy that can come by feeding your soul.

The teachings are for all people, of all times and cultures, because its message is universal and touches both the human and the spiritual condition equally. The message gives one advice of the most practical nature, as well as instruction leading to liberation of consciousness.

The high calling at this time on our planet is for those who have eyes to see and ears to hear that the ideal way of living, is one whereby man's purpose on earth may be fulfilled and God's Will might surely be done. When a large percentage of humanity have neglected a way of righteousness, the Divine Influence once again emerges on the world scene to encourage mankind to move steadily onward, to assure the maintenance of society and to illumine souls. This is currently taking place in various ways.

Now let us be very serious in this closing by stating firmly that it is a conscious recognition by many that people are busy, busy, busy with everyday activities. These activities usually do not include a disciplined time to honestly study a true spiritual path, meditate daily, and experience a continuous and conscious pattern of increased awareness of God as a reality in their life. TV, phone calls, family duties, full time in a workplace, and much more take up each and every day. The guardians of our race are calling out more and more for us to turn around the "down hill run" that many are traversing at this time. Remember, man's perception of the outer world tends to keep him in bondage to it. Come, let us together give support and Light to the effort of deep meditation and experience more of that inner radiance that is experienced when our attention is turned within to the source of all Life.

- 1— Bhagavad Gita
- 2— Finding the Third Eye
- 3— Biblical Revelations of Supernormal Events
- 4— Exploring the Chakras - Your Luminous Body is Real

Six Lessons on each topic is offered. Total price for each set of lessons is \$65.00 which includes 3 email Q & A sessions with Sandra Faye. All Lessons can be sent by email or postal. Note which you prefer when you send your request and check for one or all sets to:

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Please share this website with others.



*Remember,  
man's  
perception  
of the  
outer  
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to it.*



## CROP CIRCLE SECRETS

by FreddySilva



## SECRETS IN THE FIELDS: THOUGHTS OF FREDDY SILVA

Crop circles are organized harmonic forms of energy comprised of light, sound and magnetism which physically manifest as geometric patterns when they interact with our physical world. To date, 10,000 crop circles have been reported in 29 countries, and have appeared in mediums such as wheat, barley, canola, trees, ice, rice paddies, even linseed.

Contrary to popular perception, crop circles are not a modern phenomenon. They were witnessed by policemen and farmers as far back as 1890, they exist in the centuries-old folklore of South Africa and China, and are mentioned in 17th Century academic texts.

Over eighty eyewitnesses have reported crop circles forming in under fifteen seconds; these witnesses describe incandescent balls of light which either precede a crop circle or are actively involved in its creation; in some cases shafts of light descend onto a field and swirled the crop into a geometric shape.

Around 1980 serious attention was finally given to the phenomenon, primarily in southern England, where 90% of designs are reported. They appeared primarily as simple circles, yet by the late 1980s they had developed into pictograms, not unlike the petroglyphs found at sacred sites. After 1990 the designs developed exponentially in complexity, and today it is not unusual to come across crop glyphs mimicking computer fractals and elements expressing fourth dimensional processes in quantum physics.

To quell the public's growing interest in crop circles, the British Military created two sexagenarian characters named Doug and Dave, and presented them to the media via a fictitious press agency as the makers of all crop circles. Once in a while, governments like to control public interest in unexplained phenomena they cannot control by 'debunking' — a technique developed by the US government after WWII for the sad purpose of controlling mass opinion (as stated in the 1953 Robertson Panel). This method is very effective because it makes use of two extraordinarily simple tools of mass control — ridicule and fear. When later confronted to provide evidence of their alleged creations, Doug and Dave changed their stories and reversed previous claims; they could not even explain the anomalous features they allegedly made. Thus, their story was entirely fabricated. Later, in 1998, the surviving member of the deceptive duo admitted to British newspapers that he'd been "guided by an unknown force".



A hoax is a forgery, and forgers require a genuine from which to copy. So, what exactly lies behind real crop circles? In genuine formations the stems are not broken but bent, defeating the hoax argument, since a plank or garden roller is required to flatten the crop to the ground, resulting in clear damage to the plants.

The plants are subjected to a short and intense burst of heat which softens the stems to drop just above the ground at 90C, where they re-harden into their new position without damage. Research and laboratory tests suggest that infrasound is capable of producing such an effect: High-pressure infrasound is capable of boiling water inside the stems in one nanosecond, expanding the water, and leaving tiny blowholes in the plants' nodes. The pressure applied also causes the water to steam, and it is reported by farmers that when they stumble upon a new crop circle they see steam rising from within the design. This process creates surface charring along the stems.

It has been scientifically documented that soil samples taken from within crop circles show changes to its crystalline structure and mineral composition. Expert analysis concludes that heat of 1500C would create such a change. Hardly the kind of anomalies created by pranksters with planks!

Crop circles also show existence of ultrasound, and such frequencies are known to exist at ancient sites such as stone circles and menhirs. And like all ancient sacred sites, crop circles appear at the intersecting points of the Earth's magnetic pathways of energy; thus the size and shape of a crop circle is typically determined by the area of these 'node' points at the time of their appearance. This electric and magnetic energy can interact with brainwave patterns, and because the human body is itself electromagnetic, crop circles are known to affect people's biophysical rhythms. Consequently, it is not unusual for people to experience heightened states of awareness and healings in crop circles — a situation also common to sacred sites and holy spaces.

Biophysical evidence shows the plants' nodes (its knuckles) are drastically extended, seed embryos are altered, and the existence of expulsion cavities in the plants as if they have been heated from the inside. In genuine formations there is also a reorganization of the plant's crystalline structure. Other evidence from crop circles shows how the floors of laid plants are swirled in mathematical proportions relative to the Golden Mean, the vortex used by nature to create organisms such as shells and sunflowers.

Genuine crop circles are not perfectly round but slightly elliptical (a hoax, requiring a fixed central rope, cannot achieve this adequately). Their edges are crisply defined from the flattened crop as if drawn with a compass, and incised with surgical precision.

Mathematically, genuine crop circles have yielded five new mathematical theorems. based on Euclidian geometry. They are also encoded with sacred geometry – those harmonic ratios that govern the relationship between the orbits of planets in our solar system.

Crop circles alter the local electromagnetic field; often compasses cannot locate north, cameras and cellular phones malfunction, packs of fresh batteries are drained in minutes, and the frequencies are known to affect helicopter and aircraft equipment. Radio frequencies are markedly different inside their space; local farm animals avoid the crop circles or simply act agitated hours before one materializes

## Extraterrestrial Life a Reality

“The  
supposition

that not all

ET visitors

are friendly

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announcement

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a new

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execution

order. “

Apparently the official announcement by the Obama administration disclosing the reality of extraterrestrial life is being delayed or scrapped as other events are more important. It appears senior administration officials feel the announcement could have a detrimental effect on the president's popularity at a critical time. The safest method of announcing extraterrestrial life is to have a group of nations, scientists, or world leaders announce the news together. The United Nations meetings held during February 12-14, 2008, behind closed doors with thirty nations secretly agreed on a new openness policy on UFOs and extraterrestrial life in 2009.



The openness policy was implemented but never publicly announced. Announcements have been made that water and the building blocks of life have been found on both the Moon and Mars. New images from Mars and the Moon show structures and the likelihood of life on distance planets has been openly discussed. UFOs continue to appear around the world in increasing numbers with improve images available to the public. The Nobel Peace Prize was an important step in giving global legitimacy to President Obama on December 10, 2009 in Oslo, Norway; and there were hints he was going to a startling disclosure announcement but this did not occur. The supposition that not all ET visitors are friendly may have stopped the announcement and led to a new declassification executive order.

Report by George Filer, MUFON Eastern Region Director  
(MUFON - Mutual UFO Network)

Sandra Faye - Member since 1985

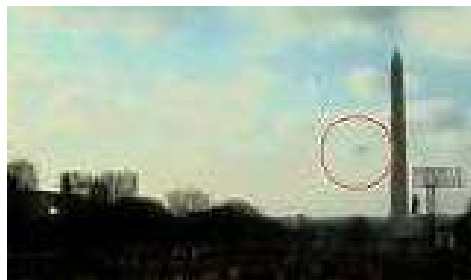


## New Declassification Executive Order

President Obama declared on December 29, 2009, in an executive order that ***"no information may remain classified indefinitely"*** as part of a sweeping overhaul of the executive branch's system for protecting classified national security information. We assume this includes UFO documentation. He also established a new National Declassification Center at the [National Archives](#) to speed the process of declassifying historical documents by centralizing their review. He set a four-year deadline for processing a 400-million-page backlog of such records.

A presidential memorandum was sent stating: ***"Agency heads shall complete on a periodic basis a comprehensive review of the agency's classification guidance, particularly classification guides, to ensure the guidance reflects current circumstances and to identify classified information that no longer requires protection and can be declassified."***

Report by George Filer, MUFON Eastern Region Director



***"no information may remain classified indefinitely"***





## Sandra Faye

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The laws of life can teach us how to live in harmony with nature and our innate characteristics. When we know the laws, and conduct ourselves in accord with them, we can live in lasting happiness, good health and perfect harmony—

Paramahansa Yogananda



Seek ye first the Kingdom of God; live righteously; and all these things shall be added unto you.

Take therefore no thought for tomorrow will take thought for the things itself.

Judge not, that you be not judged.

Mathew 6:33, 34/7:1/ New Testament

God's Will, will be done,  
regardless of whether  
we cooperate or not. But how  
much better it is to  
cooperate, so that we are  
able to serve others as  
we journey spiritually as  
companions along the  
Great Way!

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