



# THE FLASH LIGHT

The Tool Used for Seeing More Clearly

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## Truth is the Supreme Teacher

### The Core of the Teachings

Written by Krishnamurti in 1980  
at the request of his biographer Mary Lutyens

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The core of Krishnamurti's teaching is contained in the statement he made in 1929 when he said, "Truth is a pathless land". Man cannot come to it through any organization, through any creed, through any dogma, priest or ritual, not through any philosophical knowledge or psychological technique. He has to find it through the mirror of relationship, through the understanding of the contents of his own mind, through observation and not through intellectual analysis or introspective dissection.

Man has built in himself images as a fence of security—religious, political, personal. These manifest as symbols, ideas, beliefs. The burden of these images dominates man's thinking, his relationships, and his daily life. These images are the causes of our problems for they divide man from man. His perception of life is shaped by the concepts already established in his mind. The content of his consciousness is his entire existence. The individuality is the name, the form and superficial culture he acquires from tradition and environment. The uniqueness of man does not lie in the superficial but in complete freedom from the content of his consciousness, which is common to all humanity. So he is not an individual.

Freedom is not a reaction; freedom is not choice. It is man's pretence that because he has choice he is free. Freedom is pure observation without direction, without fear of punishment and reward. Freedom is without motive; freedom is not at the end of the evolution of man but lies in the first step of his existence. In observation one begins to discover the lack of freedom. Freedom is found in the choiceless awareness of our daily existence and activity.

Thought is time. Thought is born of experience and knowledge, which are inseparable from time and the past. Time is the psychological enemy of man. Our action is based on knowledge and therefore time, so man is always a slave to the past. Thought is ever limited and so we live in constant conflict and struggle. There is no psychological evolution. When man becomes aware of the movement of his own thoughts, he will see the division between the thinker and thought, the observer and the observed, the experiencer and the experience.

*Continued—*

SUNDARI  
ENTERPRISE

BRINGING  
LIGHT TO  
ALL

WHO

SEEK IT

Seek first  
to realize  
(actually  
experience and  
know)  
the reality of  
God, and all  
of the things you  
truly  
need will be pro-  
vided  
for you.

New  
Testament /  
Matthew 6:33

When your  
understanding is  
firmly  
established  
in realization of  
oneness, then  
shall  
you awaken  
to flawless  
Self-knowledge.

- The  
Bhagavad  
Gita

## Truth is the Supreme Teacher — *continued*

He will discover that this division is an illusion. Then only is there pure observation which is insight without any shadow of the past or of time. This timeless insight brings about a deep, radical mutation in the mind. Total negation is the essence of the positive. When there is negation of all those things that thought has brought about psychologically, only then is there love, which is compassion and intelligence.

## The Om Vibration

Paramahansa Yogananda, author of *Autobiography of a Yogi*, states that the Om is a vibration that is the emanated vibration of the power of supreme Consciousness which manifests and maintains the universe. To impress your desires in it, before concluding a meditation practice session feel that you are *one with it*. With your attention absorbed in the Om vibration, imagine that you have what you desire to have and are doing what you want to do. Mentally "see" and *feel* the final results of your plans and projects as being accomplished.

*Believe that life is worth living, and your belief will help create the fact of your belief.*



## Remembering Parahansa Yogananda

Listening to my teacher, Roy Eugene Davis one day in retreat in CSA, it was mentioned that Sri Daya Mata, head of SRF founded by Yogananda, stated in an interview the following remembrances of her Guru.

" Our guru lived in a state of joy all the time. It just poured out of him. Some people think that in the religious life everything must be solemn-- that one must always wear a long face and act very pious. There was none of that false piety around Guruji... He was completely natural, and would put everyone at ease."

---Sandra Faye

## MEDITATION FOR EVERYONE

Presenter Sandra Faye

**Temple of The  
Living God  
1950 2nd Ave. N.  
St. Pete, FL**

**Sunday July 25  
12:30 - 2:00 pm**

### Love Offering

Sandra will be offering techniques and routines for all levels of meditation practice.

Free study booklets regarding the techniques and routines will be issued to each attendee for group review together and open discussion time.

- We are going through rapid changes.
- There is accelerated intellectual growth and spiritual awakening.
- We are being confronted by effects of powerful evolutionary causes.

It is a time that we focus on giving attention to a serenely optimistic vision of our near and distant future possibilities. The basic principles, practices, and guidelines suggested in this workshop, are universal. They belong to everyone. Some of the guidelines are taken from Autobiography of a Yogi by Paramahansa Yoganada and one of his direct disciples,

Roy Eugene Davis who has been a respected teacher of Sandra's for 40 years. Sandra will offer meditation as a foundation practice for personal benefits and authentic spiritual growth.



**Bio: Sandra Faye** has been sharing the teachings as well as her own personal experiences regarding the Kriya Yoga path of Light for 40 years and invites questions and class discussion.

### Affirmation:

*I envision good unfolding in every area of my life.*

The following excerpt is from

[Your God-Given Potential: Unfolding the Twelve Spiritual Powers](#)

by Winifred Wilkinson Hausmann

“On the spiritual level, [Imagination] is one means by which Spirit communicates with us, conveying to us the infinite powers and possibilities that are ours as children of God. ... Imagination cannot be forced. It must be invited. ... Thinking happy thoughts, expecting good, and opening yourself to God-ideas will set the stage for harmonious, prophetic images on the screen of your mind. ...

The more you become interested in showing yourself pictures of happy, healthy, prosperous, joyous experiences, the easier it becomes to forget the old, limiting pictures of the past.”

One whose  
disposition  
is calm  
and happy  
will hardly  
feel

the pressure  
of age;  
to one  
who is of an  
opposite

disposition  
youth and age  
are equally  
a burden.

Plato --  
(427 - 347 B.C.E.)



“Food  
is love  
don't  
you know....  
love  
for the body  
and  
honoring  
the  
soul.”

## A DELICIOUS SUMMER DELIGHT

By Lillian Chilson

Hello everyone! I bid you a great big hello with love and light! A couple of years ago, I had written an article for this news letter on the benefits of changing your diet or rather my adventure in changing my diet for the benefit of health and wellness. Well, I'm back to give a little nudge to help you understand that incorporating a more raw, whole food diet is really exciting and flavorful.. Many people don't realize the diversity of the foods, flavors and creativity that can be obtained with raw foods. Since my first article, I have accumulated a number of recipe books for raw foods. I was having classes demonstrating the food preparation for meals....from soup to nuts.... in other words, from main course to desserts. Let me entertain you with a dessert that will change your mind about the raw/whole food lifestyle ... I have many others in mind as well, but nothing says dessert like a delicious apple pie! It is easy to prepare, no sugar added, high fiber and nutrition. Best of all...guilt free! All fresh, organic live foods. It will knock your socks off with flavor! Equipment needed: zester or grater, either an electric orange/lemon juicer or manual juice press, a food processor.... that's it! This recipe is from Sherry Orcutt at " Eden Health Ministries" in Plant City,Fl. They were the instruments for setting me on the path for a raw food lifestyle. Soooo here goes: Let me know what you think. I'll be glad to share more ..... I got a lotta love to spread around! Food is love don't you know.... love for the body and honoring the soul.. Changing and uplifting your vibrations! Remember... as you lift yourself up, you lift the whole of the world with you!... WE ARE ONE!

### RAW APPLE PIE

#### CRUST :

1 1/2 cup ground almonds (raw)	1 cup of ground flax seeds
1 cup ground pine nuts or cashews (raw)	3 TBS raw unfiltered honey
2 TBS orange juice ( fresh squeezed)	2 TBS lemon juice ( fresh squeezed zest of 1/2 lemon

Combine ingredients in a large bowl. Form into a ball and cover for 1/2 hour Sprinkle the bottom of a 9 " pie shell with 1 Tbs ground almonds. Spread 3/4 of the "dough" into the pie shell to form an even crust and flute the edge of the crust with your fingers. Cover with a plastic wrap and refrigerate for several hours... if you have the time.. It works ok if you don't but better refrigerated as suggested.

#### FILLING:

4 sweet apples quartered,seeded	juice of 1 lemon divided into 1/2 portions
3/4 cup currants or raisins	1 ripe banana
2 tsp cinnamon	1/4 of the crust ingredients

Start with 2 of the sweet apples that have been peeled and quartered. Add the juice of 1/2 lemon. Put into food processor and pulse until chunky. Spread around the pie plate. Then take 2 more sweet apples and add 3/4 cup of the currants or raisins, 1 ripe banana, the juice of the 1/2 lemon and 2 tsps of cinnamon. Process until mixture reaches a mushy texture. Spread over the other apple mixture. Take the remaining 1/2 cup of crust mixture and spread over the apple pie. You may garnish with raisins or currants.... Enjoy!

Until next time...May the Source be with you! Lillian Chilson

Delicious Apple Pie



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.*

"Dinner for One"

Take advantage  
of living alone.  
Play music in the  
middle of the night,  
and if you feel  
like cooking  
something while  
you have the  
music on,  
crank it up.  
Who is going to  
complain?  
Dance and laugh  
as much as you  
want. Remember  
this little  
suggestion the  
next time you  
find yourself  
trying to solve a  
problem and  
nothing seems  
to be working.  
Get up and play.





**Kriya  
Yoga**  
is the  
scientific  
art of  
perfect  
God-Truth  
Union.



**Promoting  
Spiritual  
Growth**



## LIST OF EVENTS



### **KRIYA YOGA CLASS SCHEDULE -** Location: Light Haven - Floral City, FL

**MONDAY PM CLASS** 6 - 8 PM 7/12 - 7/27 - 8/09

**TUESDAY 10:00 AM CLASS** 10 - 12PM 7/13 - 7/27 - 8/10

**TUESDAY 1:30 PM CLASS** 1:30 - 3:30PM 7/13 - 7/27 - 8/10

**SUMMER BREAK FOLLOWING 8/10 DATE:** Updates will be given at a later date.

**NOTE: AM AND PM Classes are full.** Openings are available for 1:30 PM Class.  
Must be pre-registered to attend. Contact Sandra at [Sundari2s@aol.com](mailto:Sundari2s@aol.com) or 863- 529-4113

**July 25** - Workshop "Meditation For Everyone" at **Temple of The Living God 1950 2nd Ave. N.**  
**St. Pete, FL**

**October 9** - ? (Pending) Jackson, MS Workshops and private consultations.

### **NETWORKING WITH FRIENDS**

Location: Light Haven - Floral City, FL

Contact Sharon Hawkins Cell: 352-464-1618 Home: 352-341-2652

**July 10** 10 - 12:30PM Presenter Sharon Hawkins - We will explore the wisdom of the Toltecs which includes mastery of awareness, transformation and harnessing personal power.

**NOTE: Holiday 7/4 - No gathering that Saturday**

**July 18** 2PM Sunday at the Movies "Mamma Mia" with Meryl Streep and Pierce Bronson. A musical comedy with an all star cast. 1 hour 49 min

**August 7** 10 - 12:30PM Presenter Darcia DeRaps - You are invited to bring recipes, practices and strategies for reducing stress. Various practical suggestions will be offered that are helpful in promoting longevity, health and happiness.

**August 21** 10:30 - 12PM Guest speakers John and Paul from St Petersburg, FL John Seibert and Paul Dickens will present personal experiences and meeting updates with author Zacheria Sitchin regarding his writings on ancient astronauts.  
PLEASE be prompt on arriving.  
Pot Luck Lunch - Water, coffee and tea provided

All meetings and classes listed above are held by responsible love offering basis.



### Miss USA Pageant: Not For Families Anymore

Beauty contests have traditionally been something which the entire family can gather around the set and enjoy. But this Sunday's Miss USA pageant threatens to turn the wholesome event into a sexualized display inappropriate for children.

### YOU Are Paying For *Girls Gone Wild*.

*Girls Gone Wild* is a video series which exploits young women, encouraging them to strip in front of cameras...and now, the franchise is coming to basic cable, where every subscriber will be forced to pay for it.



### Survey: Entertainment Industry Has "Negative Effect" on Society

Recent polls have found that more than half of Americans believe those who run the entertainment industry do not share their values, and that current entertainment has a negative impact on society.

### Defend YOUR Values! Help the PTC Fight Hollywood!

Nudity. Explicit depictions of and discussions about sex. Graphic and gratuitous violence. Constant use of profanity. Hollywood is relentless in pushing its twisted viewpoints at children. And with the increasing availability of offensive programming on cell phones, mobile devices, and online, children today are deluged with harmful content wherever they turn.

But the PTC is fighting for YOUR values! By advocating with the FCC, the Congress and the courts; by holding advertisers accountable for the shows they sponsor; and by keeping the public informed, the Parents Television Council is the nation's most influential advocacy organization protecting children from the harmful influences in entertainment...but we need your help!

The PTC accepts NO corporate or government funding. Our only source of support is YOU. So, please consider making a generous gift to the PTC. Your help today will allow us to fight Hollywood tomorrow.

### Letters to Juliet Wins PTC Seal of Approval™

A touching love story devoid of profanity and promiscuous sex, *Letters to Juliet* will delight romantics young and old alike. While the movie is appropriate for all ages, it may be of limited interest to viewers under age 12.



“Children are the world’s most valuable resource and its best hope for the future.”  
John Fitzgerald Kennedy



SUNDARI ENTERPRISES

BRINGING LIGHT TO ALL  
WHO SEEK IT

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The Flash Light  
The Tool Used for Seeing More Clearly

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**Sandra Faye**  
Motivational , Life Coaching  
and Intuitive Consulting



## The Mystic Without a Monastery

---Sandra Faye

A great message that needs to be given throughout the world is that the experience of God is not reserved for those who live in ashrams and monasteries. It is not held in reserve for those who show up in church every single Sunday. It is intended for all of humanity. You don't have to fly away to a Himalayan Cave! You can find God wherever you are.

The more chaotic your life seems to be, the more you need to find God. Start right where you are.

