

Sundari Enterprises

THE FLASH LIGHT

The Tool Used for Seeing More Clearly

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SIGNIFICANT EVENTS REMEMBERED

by Sandra Faye

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Remembrance of significant events that beneficially influenced our lives and the lives of others can remind us that the active presence of a Higher Power was often the determining factor regarding what occurred during the intervening years.

Another way of saying this is, *Looking back at your life, you can see a Higher Power at work* and a profound corollary is *There is no such thing as a coincidence*. These statements have proven to be absolutely correct as I reflect upon my own life journey thus far.

In 1941 I was a little over two years of age and I recall enjoying sitting outdoors in a metal washtub filled with water. I would sit and close my eyes and allow my arms to just float in the water. I also remember closing my fingers of my floating hands and feeling absolute peace and joy. My mother never questioned my sincere pleas to fill my washtub almost every day with soothing water.

Around 1943 I began teaching classes (5 - 6 kids) to some of my neighborhood friends. Our home, built on an incline, had a porch on the back with open space underneath the porch. Whenever anyone at my home, school, or just someone in the neighborhood was having a problem, we openly discussed the issue and I would offer suggestions on how to handle things and be happy. At about this same age, my mother recalled that I walked up to her and said, "Where is Jesus? Where are the people I know?" To this day I recall sitting alone and crying, feeling lonely but not totally understanding why.



I longed to return to the Ozarks so one summer my grandfather decided to drive my mother and me back to Crocker, Missouri, the rural town where I was born. I felt the greatest inner joy when we arrived and I did not want to return to Florida. But my father was still working in Tampa and since I was still quite young I had no choice but to go back.

In 1945 I had an impulse to go into the field between our home and the next door neighbor's home. There I found a large black kettle and felt the need to make some soup. I asked the other children to bring a penny and some vegetables on Saturdays, the penny being to give to help the poor and the vegetables to put in the soup for us all to eat together. My parents never questioned all of this but helped me start the fire under the kettle. Amazing! I recall explaining to the others that this is what we should be doing. It was all just intuitive prompting's at the time.

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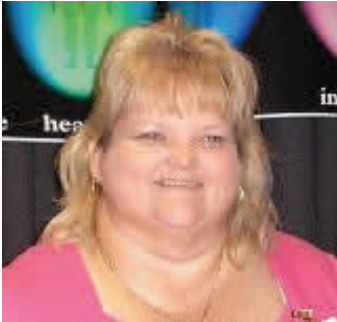
BRINGING
LIGHT TO
ALL

WHO

SEEK IT

Continued on page 2

Significant Events Remembered—Continued



Lisa Lenox
Designs Sundari's
Flash Light
Newsletter

By 1950 we were living on a lake in Lutz, Florida where I spent time alone walking in the woods talking to the animals and trees thanking God for it all. When my father gave me a little boat, I paddled out to the middle of the lake, laid on my back, and looked at the sky thinking of God all the time. I would sing the whole time and if you were nearby you may have heard familiar tunes like *Cruising (Down the River on a Sunday Afternoon)* or *Somewhere Over the Rainbow* from Wizard of Oz. I floated deeply on the water and in the thoughts of my own heart. As time passed and I grew to a young woman, these youthful memories drifted away but stayed in the forefront of my recollections of my past.

By 1958 I married and had my first beloved child. Then in 1961 I gave birth to my second beloved child and offered them both to God. I realized I was to be a mother but definitely knew who was actually in charge of guiding their lives (I still live by that supreme truth).

In 1970 I became very active in a leadership position at a large Baptist church in Clearwater, Florida. Following several supernatural experiences, I met Rev. LeRoy Zemke who introduced me to Roy Eugene Davis, my ongoing spiritual teacher in Kriya Yoga.

I have been teaching and assisting my spiritual brothers and sisters on this planet since that first class under the porch at age five. Without the instinctive need to reach out and help people as I did with the soup, I would not be committed to unconditionally help others. And with these essential parts of my spiritual foundation firmly in place, meeting Roy Eugene Davis and comprehending the Kriya teachings became easy.

So, yes, I believe that the many supportive events occurred in my life way back then and still continue to occur today. Reminiscing, I see the work of God in my life. Without a doubt in my mind, God's grace in my destiny...can you see the same in yours? Of course you can!

--Sandra Faye 6/18/2011

www.sundariscorner.com

EVENTS

Kriya classes are being revised along with new times and dates for fall. Updates will be issued at a later date. Sandra is an ordained minister with Center for Spiritual Awareness with world headquarters in Lakemont, GA. If you or someone you know would like to inquire about a class and you have 10 or more interested sincere people, please contact Sandra at this email address sundari2S@aol.com. Google Sandra's Kriya Yoga for more information or check our web site. sundariscorner.com and click on Kriya



Janet Carr
Maintains the Website
www.sundariscorner.com

It's Healthy to Ask Questions

How does one make it through a personal ending in life and stay positive?

I advise my students and clients to honor endings but not worship them. We give too much power to an ending when we worship them. It in fact, will become bigger than one can handle. To honor an ending is to acknowledge the impact that it has on our life; that is we must see everything as a positive move in a new direction so we honor the people and experiences that were important in our life even through any ending.

There are four different aspects of the natural ending experience: disengagement, disidentification, disenchantment, and disorientation. They are all closely related and many times one will experience more than one of these.


Is it possible to find anything permanent in a world that is always changing?

Our desire for security and stability is a common human characteristic. Out of this desire for security, we may try to cling to people, possessions, roles, titles and yes memories of the past; but deep inside, most of us know that searching for security in the external world is like running East searching to see the sun set. It just isn't going to be there. Everything solid can someday turn to dust and we see this happening every day. And yet an *inner voice* tells us that there must be something that is changeless. Our next question would be but how do I find it?

By fully surrendering to the process of change, we discover that which never changes. How would we grow if we resist change which moves us onward and upward? By fully surrendering to the process of change I am suggesting that we must have an attitude of surrendering to the natural flow of life.

We must be open in a deep way, to each experience of our life. We must allow ourselves to feel fully each response to the circumstances and events of our life. It does not mean we become a doormat. We should say and do what is necessary.

*For further information on these topics
request my consultation service.*



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KRIYA YOGA TRADITION

Teachers of the path proclaim that it is possible by systematic development of intellectual and intuitive powers, proficient meditation practice and the redemptive actions of grace, to experience rapid spiritual growth that culminates in illumination of consciousness.

HOW KRIYA YOGA IS SUCCESSFULLY LEARNED

After being introduced in the basic philosophical concepts, lifestyle guidelines and meditation routines, one acquires direct knowledge of what has been taught by attentive, sustained practice that provides opportunities for personal experience. One can be inspired by the teachings however; the best way to truly learn the principles and procedures and apply them effectively is to have the personal guidance and counsel of a teacher who has experienced its processes, whose spiritual forces are fully aroused and continues manifesting the direct knowledge on their own spiritual journey.

For the teacher-student relationship to be worthy of the teacher's time and attention and dedicated service, one who desires personal instruction and assistance on the spiritual path should have the following qualifications:

- Be sincere (honest, unpretentious and dedicated)
- Have a wholesome, constructive lifestyle.
- Have RESPECT for the tradition and the teacher.
- Be willing to learn and to practice what is learned.
- Have the intellectual capacity to learn and the functional ability to apply what is learned.

Sincerity and humility (complete absence of egotism) are essential if a person is to be receptive to learning. Egotism, often dramatized as arrogant self-righteousness is a common characteristic of individuals who, because they are insecure and closed minded, are inclined to resist the new or traditional ideas being taught. The information is always freely given but the sincerity of the students true intentions must be in accord with the teachings and the focus offered by the teacher.

All serious Kriya students can state, " there is no greed in me and I love to share my energy and my money. I do tithe where I am fed spiritually. I have wonderful gifts to give and I choose to give generously. So be it! "

By Sandra Faye

Contact Sandra to inquire about beginning or advanced classes which include Philosophy and Group Meditation.

We would also be happy to hold a meeting at your location.

*More about this tradition is found on my web site
WWW.sundariscorner.com - Click on Kriya icon.*



“ experience rapid spiritual growth that culminates in illumination of consciousness.”

SANDRA FAYE
DEDICATED TO THE UNFOLDMENT OF ALL HUMANITY

As a featured guest since the early 1970s, Sandra brings her remarkable insight to conferences, workshops, and media presentations that bridges past wisdom with future awareness. With a background in the fields of chiropractic, clinical management, and training, she teaches successful management techniques, motivational and life science workshops, and offers private one-on-one consultations. Her intimate understanding of higher realms of consciousness and active practice of Kriya Yoga uniquely qualifies her to share greater spiritual awareness with others seeking personal truths.

She completed both Comparative Religion and In-depth Bible Study courses at the Clearwater Christian College in 1965 and the Ethics for Business Survival course (with honors) in 1988 by Practice Management Association. Personally trained by a Buddhist Monk from Ceylon, her Yoga skills were certified by Eve Diskin, the Director of the American Institute of Yoga of Miami Beach, FL.

As a charter member of the American Para-psychological Research Foundation, Sandra was regularly invited to speak on this subject by numerous educational facilities to supplement their philosophy curricula. She is also a member of the Institute of Noetic Sciences founded by Edgar Mitchell, the Apollo astronaut.

In 1994 she founded the Human Potential Research and Development Center in Jackson, MS. For the next two years, she also co-hosted an NBC television show featuring her instructions in Yoga.

Sandra continues today with the unwavering goal she started with over 40 years ago: 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 experience our fullest potential
and recognize the full measure of our creation.*



***Anchored
in
timelessness, aware
of the
Eternal,
we work
not for
ourselves
but for
the sake
of others.***



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