

# 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*

## INSIDE

The Key to Life is Prana 1

Cycle Structures in a Dramatic Historical System 2

Alkalize Your System 6

The Giant Pillars of Creation 7

## The Key to Life is Prana -

By Sandra Faye



What is Prana?

Prana is the medium through which consciousness expresses in all life forms throughout the cosmos. It is pure, universal, primary energy, which gives life to matter--the power within everything. It is Spirit, and, according to the ancient scriptures called the Upanishads, it is the supreme Being itself.

Prana is in air, but is not oxygen or any other physical constituent of air. It is in every particle of creation, but is not a particle. Prana is entirely non-material. Yet, without prana, your body would have no life. You could not hear, feel, see, breathe, walk, or talk. Your blood would not rush through your veins.

In contemplating deeply the idea of the womb of creation, we realize that for life to exist, both consciousness

and prana must be present. Prana is pure energy, whether mind, body, matter, or any other form of energy. Consciousness is the absolute, omnipresent, inactive principle underlying creation. Prana is the active ingredient of the cosmos, which supports and gives life to consciousness.



Prana then, is the fertile field where the seed of creation can take root, grow, and manifest the entire phenomenal world. Thus, many times consciousness is often represented by a male deity such as Lord or Shiva. Prana is symbolized by a female deity, such as Shakti, Mother or sometimes even the Kundalini.

The purpose then of yoga and meditation is to reunite the male and female within your own awareness, so your consciousness can express itself perfectly through the medium of life energy - prana.

In the Bible it states that Jesus once said to his disciples, "when the two shall become one, you will go out no more."

The ancient yogis of India say that a subtle energy body, called *prana-maya kosha* (the sheath of prana), permeates and surrounds your physical body. This pranic body has many names: "aura," "auric field," "astral body," "etheric body," or sometimes "etheric double."

This subtle energy field of prana can be "seen" around your body as most of you know, with clairvoyant sight.

(Continued on next page)



“...It is pure,  
universal,  
primary  
energy,  
which gives  
life to  
matter--  
the power  
within  
everything ....”



## The Key to Life is Prana

(Continued from page 1)

It can also be sensed by amputees, who can feel missing arms or legs. The term "phantom limbs" is used when some people claim to actually see the missing arms or legs still attached in subtle form.

Kirlian high frequency photographic processes reveal the phantom limbs as well. When any of the organism's physical form is cut away, the pranic body remains whole and clearly visible. When this energy body disappears, the physical body then actually dies.

Your pranic body is larger than your physical body as I see it. Thus, the aura or light radiating around your body is simply the outer edge of the etheric body, which extends past the boundaries of the physical form.

The information given in this article comes from personal experience and studies of the ancient and revered teachings throughout much of the world. For anyone wishing to examine ways of integrating knowledge of these concepts into their life, contact Sandra by email for personal guided studies. Sundari2S@aol.com

**Cycle Structures in a Dramatic-  
Historical System  
Prepared by Sandra Faye  
for a Transformation  
Retreat held on February 16, 2008**

We are living today during an unprecedented period of transformation. The opportunity this offers to synthesize, regenerate and create anew on a global scale has never occurred before and will never occur again as I understand it from my sources. We are faced with both a great privilege and a great responsibility as we search for the path to follow during this most intense and quite possibly dangerous period in human history. Now is the time to let history itself provide the insights we so desperately need.

Words come to us from various reliable sources, that unless we stop our nuclear arms race and decisively reverse our direction away from the age-old conflicts and power struggles that have led humanity to this period of terror and fear, we as a people are going to see catastrophes increasing worldwide.

It has been given to me that only through prayer and those holding

the "Light of this world" in consciousness with a true heart holding intentions of peace, has this grand globe been kept from massive destruction since 1981. However; we are told much more is required of us between 2008 and 2012.

Through my own research over the years, I have found that by historical analysis and the *findings of those investigations into the rise and fall of eight civilizations including Egyptian, Mesopotamian, Minoan, Mycenaean, Hellenic, Roman, Era of Barbarians and the European or Western*, we have now entered what is called the Era of Atomic Diplomacy. All eyes are on the United States as it now becomes more and more the leader in the field. All of these civilizations mentioned including the US have one thing in common: pride, arrogance, desire for violent excess and mainly superiority and domination, which through conflict, war and conquests have led to a rise and fall in our past history.

“... those holding the "Light of this world" in consciousness with a true heart



holding intentions of peace, has this grand globe been kept from massive destruction since 1981...”

## Cycle Structures

(Continued from page 2)

My interest has increased as the source within continues to inspire me with hope for humanity and gives me information that supports that inspirational message. The message which was issued to me back in 1982 regarding my path and what would be required of me regarding this call to spread the message of the need for prayer, meditation and assistance to many, has become clearer and clearer in these past couple of years.

I was shown that there is a pattern of events in the history of the United States and it has to do with time intervals common to all civilization structures. For instance, the major turning points in modern history which are universally recognized are (a) Challenge and Response or Action- *Declaration of Independence, July 4, 1776*, which shows A DECISIVE GOAL for action that provokes the conflict of opposites and (b) *Hiroshima, August 6, 1945* when we were in the supreme test of strength, and which starts the first dominant era of CENTRALIZATION OF POLITICAL POWER; in this case of course, atomic monopoly.

There are 169 years between these two selected events. The pattern that resulted from these two events can be clearly seen when one reviews the events that fall at the calculated dates representing the start of periods and cycles which are:

1607 - May 14, Jamestown, Virginia - Founding of first permanent colony, the start of the country's history.

1663 - Carolina-Rhode Island, slavery, monopoly-free enterprise. This began a cycle of the conflict of opposites. Looking further into this cycle, we see Equality versus Privilege (King Charles rules), Freedom versus Slavery: King Charles grants a charter to supply colonial employers with black slaves and Free Enterprise versus Monopoly: England passed the Second Navigation Act, to prevent development of free enterprise in the colonies.

I would like to inject here that much was given to me in consciousness regarding the colonies during our blessed land tour last May as we were in very high altitudes and vast areas of beautiful mountains.

However, it is a continued "dictation from beyond" that brings me to sharing so much information during this particular retreat gathering of 2/16/08.

What has been presented so far is simply a GENESIS of calculated dates representing the start of periods and cycles. To continue we move next into what may be called the phase of CHALLENGE AND RESPONSE or our *Inciting Action Phase* which has been mentioned above shown as July 4, 1776 which now is presented as the cycle of PROGRESSION. You see, this so called progression which is also seen as a RISE OR GROWTH cycle, propelled the colonies into a revolution that represented the conflict between the rights of the citizens and the rights of the state.

Next we move into what is called the SECOND CYCLE of PROGRESSION, and this shows us 1861 and the CIVIL WAR: Confederacy established Feb. 8, 1861. Feb. 9th Jefferson Davis is chosen as President. By April 12 of that year, Fort Sumter was fired u p o n .  
(Continued on next page)



“ ... Keep  
Looking  
Up and  
Fly  
Like The  
EAGLES ...”



And what we call the Third cycle of Progression is shown in our cycle as 1917 WORLD WAR 1, The United States declared war on Germany on April 6, 1917, and this began our nation's rise to world power. Still, in this research, it is shown as a cycle of progression as the world would describe itself. By October the Bolsheviks overthru the Tsarist government, marking the beginning of the cold war between the two superpowers. This very portion of the pattern of events still brings about calls from the higher sources to us in that much prayer and holding of the light must be continued regarding these two superpowers.

Now we come to what is called a grand CLIMAX as we look at the historical events cycle and that year is 1945, August 6. Dropping the first ATOMIC BOMB, we presented the world's most decisive manifestation of monopoly. It is also noted that every turning point after the founding of Jamestown STARTS IN CONFLICT!

A few more selected dates to show this cycle and how we have moved on in this particular pattern begins with 1949, the Soviets first A-bomb explosion, 1957 Great Britains first three A-bomb explosions. 1964, Communist China;s first A-bomb explosion, 1968, when those who know stated, "We know we are engulfed in hell, but we cannot trace its roots".

Now we move into 1970 when President Nixon starts a new atomic weapon spiral. Four wars are in progress; Vietnam, Nigerian civil war, Middle East and Laos. The breakdown becomes stronger and Communist China is seated in the United Nations.

In 1972 President Nixon takes a trip to Communist China, which resulted in joint US-China communications. U.S. - U.S.S.R. agreements on arms control, space, technology and more signed in Moscow.

The main point that I desire to present in this work is that there begins a conclusion to a grand cycle on this planet, a cycle within a greater cycle. The conclusion brings about findings that indicate the existence of an underlying principle, that the rise and fall process of MANY civilizations is ALWAYS proportional when its evolution is determined by conflict, collision and the struggle for power. Yet, my job, my ministry is one that requires me to guarantee those who will listen, that all of this does not signify the fate of the U.S.

We are living TODAY at the climax of history, when the main line of human history has converged to a point that the superpowers find themselves feeling that things are truly beyond their control now. Yes, the leaders in these superpowers may publicly present a different scenario. No matter what various leaders

state to humanity, it is given to us from higher realms, that humanity can manifest the change needed to create a cycle of renewal rather than destruction. So yes, it truly is out of the superpowers control.

You see, 1968 signified both an end and a beginning. With this now taking place as a full cycle that will complete its time by 2012, we will see the people of this world who recognize what truly is taking place, will initiate more change than ever before. There are those who are recognizing the "flaws" of our history, even up to this year, and will make a very decisive act of collective will, working from higher consciousness and a purer heart, and as citizens of the most powerful nation in the world.

This dictation is closed by sharing the words given unto me for so long now, "The United States will not only change its own direction away from disintegration; it WILL also regenerate itself. It IS NOW being groomed and cleared of debris so that its destiny to be the WORLD TEACHER OF PEACE will 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.

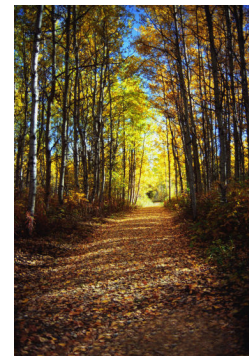
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Six Lessons on each topic is offered. Total price for each set of lessons is \$65.00 which includes 3 email Q & A sessions with Sandra Faye. All Lessons can be sent by email or postal. Note which you prefer when you send your request and check for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

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**Remember,  
man's  
perception  
of the  
outer  
world tends  
to keep  
him in bondage  
to it.**



## ALKALIZE YOUR SYSTEM By Sandra Faye



... be  
mindful of  
manifesting  
the highest  
and best in  
yourself  
in every  
way.



We are recognizing that more and more people are paying attention to the importance of keeping our systems in a proper Alkaline-Acid balance to experience superior health condition. However; in this writing I would like to present some ideas that have more to do with the spiritual factors of alkaline-acid.

The secret of establishing and maintaining an alkaline-forming state of being is devotion in the form of **service to others**. This does not mean that you must give everything you have away or run around being a "do-gooder" 24/7. The act of service is sometimes misunderstood. It is not always a world shaking humanitarian project or teaching 29 workshops in 30 days. It is generally the essential way you treat your **neighbor and yourself**. A warm loving smile for someone who feels all is lost and is down and out, the sincere touch to the hand of someone who is desperate means so much. A monetary offering to someone in need, the kind word or prayer for an animal in pain, the blessing of the food you prepare and laughing **with** a friend who needs a good belly laugh at a time of illness, are only a very few examples of service to others.

Let us remember this as well, the alkaline forming state of being is **not** driven by anxiety or ambition. Recognition and fame may come because the nature of love has been realized by others. From the realization and action taken regarding service to others, proper alkalinity continuously permeates the physical body.

While you activate your ability to be of service keep this in mind--be mindful of manifesting the highest and best in yourself in every way. A truly alkaline-forming state of Being is internally full of joy, peaceful and content. Alkalinity then will flow in the body, sweeten your life and lift you into the heavenly realms.

This information is offered at this time to assist so many who are emailing about their current situations concerning health issues as well as financial anxieties. My suggestion would be, take the time you would normally spend pacing the floor or sitting and going over and over in your mind all the negative issues you face, and go walk or drive looking for a service to offer others in need, several times a day. Take the time you normally spend on being frustrated at the current world issues that you so desperately disagree with, and give all that energy to the world you want to see in your life.

Last but not least, the energy produced by prayer **alkalizes** all that it touches, even the food you eat. If your prayer is hurriedly recited with no real in depth intention and feeling, then very little higher energy is experienced.

Begin to contemplate what the **Holy Spirit** means to you. I will speak from personal experience when I say that the most powerful and rapid way of achieving an alkaline-forming reaction in the body is to be in **alignment** with the Holy Spirit. The holy essence which flows transmutes acid waste products almost instantly.

***May we live from the essence of Being.  
Remembering always that at the innermost level of our  
Being we are always whole, serene, and knowledgeable.  
Affirm that you will always calmly and wisely live  
from the essence of your Being.***

George Filier, Mufon Eastern Regional Director states.....

UFOs reported each month represent technologically advanced spacecraft conducting surveillance of Earth. I personally became interested in UFOs when I chased one over England when flying for the US Air Force. The US Air Force under Project Blue Book investigated UFOs for more than twenty years, we continue this research.

**I believe the God of the universe has spread life throughout the cosmos  
and UFO's are visiting us in ever increasing numbers.**



## The Giant PILLARS of CREATION

How Awesome is the Lord Most High,  
God's Greatest Handiwork:  
The Giant PILLARS of CREATION.

Thanks to the Hubble Telescope NASA

**West Germany**, which had been the scene of so many visits by the UFO's, including some reported landings, named the father of German Rocketry, the world- famous space-travel scientist, Professor Hermann Oberth, to head their

UFO probe. After three years of studying the information supplied by his own and other governments, the outspoken Oberth said at a news conference in 1954: ***"There is no doubt in my mind that these objects (UFO's) are interplanetary craft of some sort. I am confident that they do not originate in our solar system, but they may use Mars or some other body for a way station. It is also our conclusion that they are propelled by distorting or converting the gravitational field."***

Shortly after he made this remarkable statement to newsmen at Frankfurt, Professor Oberth was flown to the USA and placed under security regulations as a consultant to his former student, Dr. *Hermann Oberth*.

### SPECIAL REPORTS

TAMPA -- UFO researcher Rick Troppman said that UFO sighters would see the objects and then they would suddenly disappear. He felt that the objects were there but that they had shifted over to the Infrared Spectrum. In this case, the viewer would not be able to see the UFO because the viewer only had regular eyesight spectrums. When the UFO shifted back to the regular eyesight spectrum, then the viewer could suddenly see the UFO up in the sky. Dogs and cats can see in the Infrared spectrum, and this could explain their sudden or loud reactions to the unseen UFOs and visible UFOs. Just recently, the Big 5 Sporting Goods stores printed newspaper advertisements describing American binocular makers have a camera mounted on the center wheel that has some IR capability. When the viewer sees a hovering UFO, he or she can look at the object thru the magnified lens and at the same time take a photo of the magnified UFO. Thanks to Kenneth Larson, UFO MAGAZINE (April 2009),.

RUSSIAN space scientist in Siberia have recently issued the theory that our Solar System is entering an area of high level cosmic energy that is affecting all the planet and our Sun.

There are apparitions in Croatia which speak of something that will take place on this planet soon that will be brighter than the phenomenon back in 1918 where hundreds saw what they call the spinning sun. For more on this look up the Apparitions of Fatima. For more on Croatia Google Medjugorje Apparitions.



*“This  
music  
speaks  
to the  
Soul...”*



**BIO** The unique sound of Rescue Party began in 1999 when Barry, Tedd, and Tom joined forces for one special performance at the first Crestone Music Festival. The three of them continued to explore their own path with their respective band until four years later, when Tedd and Barry started co-writing songs and merging their creative and vocal skills. In 2006 Tom reunited with the duo, adding his original talent and vocals. *Rescue Party* was born. Lonnie joined shortly afterwards, adding his diverse style, completing the *Rescue Party* foursome. Together, the four have developed into a vocal-oriented, all original band with a unique combination of country-rock-folk-pop music with a variety of rhythms. Their diverse backgrounds, coupled with their precise and scintillating harmonies, give *Rescue Party* its own special and captivating sound.

Barry Monroe – acoustic/electric guitar, lead & harmony vocals

Tedd Brumm – acoustic/electric guitar, bass, lead & harmony vocals

Tom Dessain – acoustic/electric guitar, bass, lead & harmony vocals

Lonnie Nichols – drums, percussion, vocals



Words of Recommendation  
by Sandra Faye

Recognizing the talent of Lon Nichols for over 25 years. I have been a supportive friend and promoter of this band for over a year now.

This music speaks to the soul and I'm sure you'll love having this cd in your music collection.

Simply send your check for \$15 (which covers mailing) to:

Lonnie Nichols  
PO Box 1079  
Crestone, CO 81131

## Private Email Consultations With Sandra Faye

Our culture offers little help in coping with and overcoming the enormous personal, social, and economic changes that are occurring around us and within our lives. The intuitive information I receive and offer to you will assist you in truly finding yourself and explore the spiritual opportunities inherent in life. It will help you discover how to use these opportunities as a gateway to greater personal and spiritual growth.



So many have experienced the benefits of being able to pour out from their hearts that which concerns them or feels blocked inside. Maybe you are working on a personal growth project or looking for a spiritual path that fits your life now whatever your need may be at this time. The great benefits of this particular E-mail Consultation service is that you can receive answers and intuitive guidance at the very time you need it. No waiting for an appointment day, just write when you feel the time is NOW. Then, for up to 5 days, you can dialogue with Sandra and get unconditional loving and caring replies daily.

Let this be your contribution to yourself. And may I suggest that if you find yourself thinking you cannot afford the fee, contemplate the idea that quite possibly, you cannot afford NOT TO request this service. Open the door to abundance in your life by feeling you are worth every penny you offer for any service which benefits your life.

### ATTUNEMENTS

Send the following information with your check or money order for \$85.00 to receive your attunement. This service includes 5 days of dialogue by email.

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Current Name Being Used:  
Date of Birth:  
Mailing Address:

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Sandra Faye  
P.O. Box 5984  
Lakeland, FL 33807

Mail to me ASAP. These are completed in order of arrival date.

Prepayment is required to begin your session.

Are you  
working  
on a  
personal  
growth  
project or  
looking  
for a  
Spiritual  
Path  
that fits  
your  
life now?





## 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!

### Newsletter Designers

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