



Bi-Monthly Flashlight

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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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SPRING FORWARD IN MARCH 2009

Love is the power of the universe. Therefore, your greatest defense in life is to protect, honor, and respect love in its many forms. When you maintain this principle with clarity, your life purpose will come clear unto you.

--- Sandra Faye

So many are writing to me these last couple of months with questions about **what to do when we are concerned about troublesome circumstances**. My basic response is that truly it is normal to be concerned about circumstances that disturb our peace of mind and elicit feelings of insecurity, however; as spiritual beings we can choose to be self-reliant and see beyond the outer presentations of events that have been or are occurring in our life. We can choose to be aware of events or concerns without allowing ourselves to be completely influenced by them. **We can choose to be mentally peaceful and emotionally stable by NURTURING soul contentment.**

As I write this message today, I am so very aware of the millions of people who are concerned about the ongoing

disturbing local, national, and global events. Many have personally spoken to me of these concerns that are continuously being reported with an emphasis on the possibility of some very negative or unpleasant consequences being experienced by some and soon coming for others. Massive opinions about gasoline shortages, economic instability, wars, and more are in the newspapers, on television and radio and Internet web sites daily.

My sense of what is taking place currently is that when we are confronted by events and circumstances that we feel we have very little or no control, we have a tendency to react by being frustrated, angry, pessimistic, emotionally depressed, and fearful.

Teachers who have guided and assisted me in my own life pattern have always recommended that

one who is on a spiritual path of enlightenment and functions in an awakened manner to this truth, must be courageous when their circumstances are difficult. Robert Schuller in California back in 1981 said to me "when the going gets tough, the tough get going!" Yogananda once spoke at a Sunday service and said, "The yogi (a Self-realized person) stands unmoved amidst the crashing of bursting worlds!"

The spiritual, mental, and physical laws of cause and effect are impersonal and universally applicable. When we **willingly** cooperate with them, we can improve our circumstances, have the **full support** of the processes of nature, and be receptive to improved and fortunate events that will occur as "gifts of universal grace." Nurture thoughts, feelings, states of consciousness, and life-style regimens that enhance your life.



“...the secret of successful meditative experience is to relax into the process....”



Meditation is a Foundation Practice for Personal Benefits and Authentic Spiritual Growth

Meditation, correctly practiced, is the simple process of removing attention from conditions and circumstances which, when cognized and given too much attention, fragment and veil our perceptions. Meditating, while remaining alert and observant, enables us to easily experience pure (clear) levels of awareness or states of consciousness. Doing this on a regular schedule provides frequent opportunities for physiological and psychological rest, while we free our attention to explore more refined states of consciousness. We can then effortlessly experience spontaneous unfoldments of innate, spiritual qualities.

Remember always, as you begin to work with the practice of meditation, that the secret of

successful meditative experience is to relax into the process, allowing constructive adjustments of mental states and states of consciousness to occur naturally. There is absolutely no need for anyone to try to make something happen. It is a process of allowing the process to occur naturally. For this reason, it is recommended that anxiety, as well as any inclination you may have to exert effort to accomplish something are to be avoided when meditating. Anxiety about the outcome of this enjoyable process of being still and enjoying the quiet time, indicates an attitude of need and keeps us too self-centered.

While the primary purpose of meditation practice is to assist us in become more awakened spiritually, the side-benefits which contribute to our wellness and improved daily life are

many but only a few are listed here such as: The body's immune system is strengthened and physiological functions are encouraged to be more balanced and efficient.

Stress symptoms are reduced. The nervous system is refreshed and enlivened, allowing awareness to be more easily processed through it.

Regenerative energies are awakened. These, directed by innate intelligence, vitalize the body, empower the mind, and have restorative and healing influences.

Appreciation for living is enhanced and creativity is stimulated. Rapid, more satisfying, authentic spiritual growth is nurtured because body, mind, and awareness is beneficially influenced by refined superconscious states.

—Sandra Faye

Ways to Quiet the Mind

Go to the beach. Listen to the waves, birds and the wind.

Sit in your yard or a park and watch the birds and squirrels.

Swing in your yard or a park.

Rock steadily in a chair.

Sit by a body of water. Ex: stream, lake, river, or ocean.

Watch / listen to a crackling fire.

Sit or lay back and watch the clouds change shapes

Soak in a bath tub / hot tub.

Run your fingers through sand or beads.

Watch a candle flame flicker.

Squeeze clay or Playdough in your hands.

Listen to relaxing instrumental music.

Gaze at the stars.

Inner Peace



“... our innate sense of self is sacred, holy and genuinely divine ...”

Living From Inner Peace

Any discussion of Inner Peace, must I suspect, include a perspective on our deepest inner nature. If we can agree, that our innate sense of self is sacred, holy and genuinely divine, then a relationship to that which is perceived as peaceful or offering peaceful behaviors, attitudes, actions and deeds can emerge, in a simply, gentle, straightforward manner.

There are varied and unusual ways to consider the idea of peace, the approach to and the specifics of creating a peace filled life including sustaining and maintaining the state of being we language as peace. In my very abbreviated comments, I'd like to suggest three avenues of approach to peace from a more spiritual viewpoint.

1. All beings, men, women and children, the world over are inextricably linked together.

The thread that unites us - each one - great or small, is a divine spark, set into the heart of every sentient being. This subtle

thread or spark is a core connection from which the quality we call peace can emerge. It is latent, yet ever, always potentially available.

2. Remembering inner peace is an active process.

We consciously choose to remember each time we look into the face of anger and offer a blessing to ourselves or to another. We remember each time we feel fearful of anyone, anything or any projected future experience and choose to refocus and drop the fear. We remember our inner peace when we consciously choose to lovingly bless the appearances in the world of hatefulness, bitterness, war, injustices or any form or manifestation of inequality we see. We can choose to respond from the words of St. Francis of Assisi, "let me be an instrument of your peace.."

3. The real challenge in remembering our inner peace is that we cannot fix what's "out there,"

or what appears outside of us. But we can

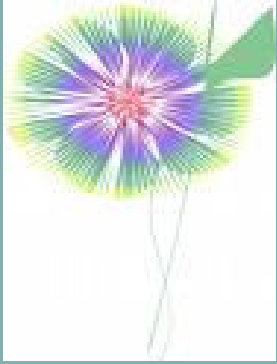
choose how to hold in a clear, loving, more peaceful conscious and consistent way, how we will respond to life's daily rituals of woundedness and pain, loss and grief. If we offer our peaceful nature or our peaceful self to what is occurring in the world, we make a huge difference far beyond any possible mental intellectual comprehension or any form of simple evaluation of results.

Life is thus constantly being altered, rebalanced and refocused. Resultantly our personal work becomes more crucial to hold to the sense of inner connection we may each have to our inner or divine nature as we continue our dance through the incarnation of life.

*by Rev. LeRoy Zemke
Senior Pastor - Temple of the Living God*



Spring Clean Your Life



“You will feel so wonderful by opening that door that allows the release of baggage blocking our gate for new happenings.”



To start with, let's throw open the windows, let in the light, and get ready to give winter the ceremonial **boot**. We want to clean, clear and revitalize our spirit and our homes with these ideas so that we are ready for all the new energy coming to us this grand year of 2009!

Now, jump right in here with me a minute while we remind ourselves that there is much more to the post-winter clean out than mopping up the mud on the floor and cleaning baseboards and bathtubs or showers. If you are like most of us, opening the closet door is like walking into the "never ending story." We have to ask ourselves, "do I really want this thing? Or, do I really **need these** things?" About 50% of the items we are looking at could receive a clear response of NO! So, give it away. You will feel so wonderful by opening that door that allows the release of baggage blocking our gate for new happenings. Yes friends, the condition of our closets represent the condition of our heart and mind. Think about it for a while.

Yes, there is much more to cleaning our life than just the physical seasonal obligation that usually (or should) take place. Culturally speaking, spring cleaning is as much about self-renewal as a clean house. There are many faiths who speak about the condition of our outer world offering a way to reflect on what is taking place in our internal world. One of the interesting cultures happens to come to mind and that is China who celebrates the Chinese New

Year or Spring Festival by beginning a rigorous house-cleaning. They teach that accumulated dirt must be swept away along with stagnant energy and bad luck, creating room for good fortune.

You don't need to be familiar with a particular tradition to start embracing spring cleaning as a once -a-year opportunity for personal regrowth. Use the process as a chance to think about what new experiences, events, people, or opportunities you 'd like to bring into your life.

Clean your emotional house..whether it's cleaning the floors or closets, try to instill each task with intention. As you dust or polish each item in your home, think about how you acquired it or the person who gave it to you. When you mop those floors, use this as a chance to meditate, repeating a short phrase or mantra. One of my favorites is mentioned by the wonderful scholar Thich Nhat Hanh: How wonderful it is to scrub and clean. Day by day, the heart and mind grow clearer." Can you see that while we do outer cleaning, we are cleaning the inner closets? Once they are clean, what a great joy it will be to function in a complete new and invigorating space filled with new energy. We can spring forth on our ongoing spiritual journey of great purpose moving so much smoother without the clutter in our way.

Open those doors and windows. There is nothing that a house that has been sealed tightly against the winter

weather needs more than a good airing out. Let in the light as that sunshine brightens spirits and surroundings. Research has shown that light (or lack of it) can affect our brain chemistry. So, clean those windows and let in every ray of mood-enhancing sun.

Remember, when you are surrounded by **stuff**, it's easy to get distracted. It is also hard to see or feel your home to be an oasis of peace and contentment when your constantly tripping over that stuff or glued to the television (noise pollution) several hours a day or night.

The masters who have gone before us and are walking with us this very day state emphatically, "if you have physical clutter, you absolutely have mental clutter." Another is, "garbage in, garbage out."

If you find yourself asking, "well how does one actually decide what to toss if not sure of the future needs?" The answer is this, if it doesn't celebrate who you are and what you love, or doesn't serve a utilitarian purpose, it is **CLUTTER**. What to do? **Donate, sell, or recycle it. JUST DO IT..**

To perform any task we might want to remember the serenity secret offered by the teachings which came from the great Buddha mind which offers, "The principle of meditation is simple, we are what we think." One can stay in a meditative state always to perform all needed duties and actions. Chant the OM inwardly anytime.

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?

Won't you take the time to pray and contemplate the new joy that can come by feeding your soul with a modern treatment from the spiritual commentary called the Bhagavad Gita. This study can give you a clear explanation of the esoteric meaning of this classic scripture. The Bhagavad Gita is a spiritual treasure and is translated from the Sanskrit language as "Glorious Celestial Holy Song." It initially was written in the fifth century B.C.

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 call from 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— Prophecy
- 3— Finding the Third Eye

Six Lessons on each topic is offered. Total price for each is \$45.00

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:

Sundari Enterprises-
POBox5984
Lakeland, FL 33807

www.sundariscorner.com

Please share this website with others.



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



2009 is ready for you. Are you ready for 2009?

Although you find glimpses of the Divine, don't be satisfied; go deeper within, and you will sit at the brink of eternity facing God. There, in the land beyond all your dreams, where the well of God is eternally springing, in the heart and soil of your soul, there you can go in the ark of silence.

It is that time of year when I invite you to register for a personal intuitive review of your **AURA**. What you will receive is exactly what I see in vision around you in various symbols and colors as well as what is given clairvoyantly from within while I focus upon your energy field that I can perceive at this time. There will be a large portion of the review

given to the upcoming year of 2009 and what your soul seems to present regarding your ongoing spiritual journey.

Consider giving this as a gift for a friend or family member. I simply need their signature of authorization by postal mail with the information below.

To Register: Allow 2 weeks return -

First come first served basis.

Send full birth name and full name currently used along with your birth date. Include check or money order for \$45.00.

PLEASE also stipulate if you want your report by email or postal service. Please allow two weeks from date your registration is received here.

Sample Page of an Attunement for a Client by Sandra Faye

This is a short excerpt from the Aura/2009 Report Issued

Now, back to the yellow radiance around you from waist up. It is truly beautiful and it is the real you in the soul realm. It tells me that you love to be with friends, REAL friends, and you love to have fun, REAL fun not just doing something to be doing it. Remember above you said, when you can be the real you! That is important in your life right now. But, to be totally the real you, YOU must begin to know the real you much better.

You see, you also function (in your emotional and mental bodies) in somewhat of a hypnotic state, that is, since childhood, you have allowed others to "suggest" what you should do, not do, really do, etc. etc. You have taken on that which was said to you over the years and made it your own when it actually was not YOURS. Let us say for example, a family member, a mate, a friend, whatever says to you, "oh gosh you look like you don't feel good today." A part of you accepts that and takes it on as the real you when in fact, it is not you. Another time in your life, and I am seeing 7 years of age and near 14 years of age. You were told something such as, "are you ever going to listen to me when I tell you something?" It is sort of that presentation and you take upon yourself a guilt feeling of, "guess I did wrong again, or guess I made them mad at me again," and in all actuality, you really didn't intend to do anything wrong. You were just trying to be you! I hope you can relate to this clearly. Be sure to read all of this several times over the next few months. Let the higher part of your being, your very soul, continue to show you more on all of this report.

Personal Intuitive Review Of Your AURA



Gathering Partners In Excellence

Sundari Enterprises goal for this year and on into 2010 is to gather "leaders in the field," who are reaching out to serve their communities by teaching and sharing spiritual awareness in various ways.

We would love to speak at your location and network with your group or organization. Please review the topics offered and also do not hesitate to request a topic of your own choice and we will do our best to accommodate your request.

Also, if you are someone who would like to invite friends and family for a meeting at your home or location, to have Sandra speak on a particular topic, please do not hesitate to call or write.

Notification of upcoming workshops, retreats and speaking engagements by Sandra Faye, will be sent to all those on our mailing list.

Watch for further announcements regarding a special conference for group leaders to come together to ignite the fire of excellence.

Most requested topics:

Teachings of Various Masters on Enlightenment
We are not victims. Karmic Patterns Will Play Out
Prophecy For This Age
Music and Color - Songs of the Soul
What is The Third Eye?
Reading the Language of the Universe
7 Dimensions of the Heart Chakra
Medjugorje - Real Apparitions of The Lady of Light
Contemplation - Concentration THEN Meditation

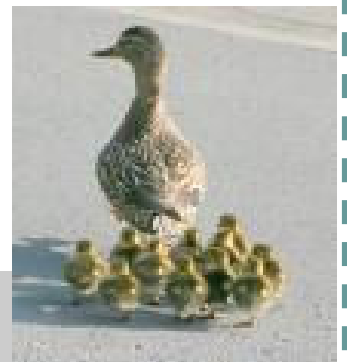
Newsletter Designers

Lisa Lenox - Founder/Director - S.O.U.L. Metaphysical Outreach Program
seedsofuniversallight@yahoo.com

Tracey Pager - Shason Consulting -
Computers * Networks * Websites * Programming — Tracey@Shason.net



**Are
YOU
a
Leader
in
the
Field?**





Sandra Faye

**Motivational , Life Coaching
and Intuitive Consulting**

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!

Sundari Enterprises

Bringing Light to All Who Seek It.

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Private E-Mail Consultation Service 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.

My own inner guidance has been prompting me on this more and more recently so I am taking time away from my medical consultation work now, and I can offer this service to each of you out there.

Let this be your contribution to yourself at this very special beginning of 2009, by receiving these intuitive words which can offer you the opportunity for a breakthrough into a whole new dimension.

ATTUNEMENTS

Send for 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.

Full Name at Birth:

Current Name Being Used:

Date of Birth:

Mailing Address:

Make check payable to :

Sandra Faye

P.O. Box 5984

Lakeland, FL 33807

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

No request will be processed without payment first.