

FLASHLIGHT NEWSLETTER

From

Sandra Faye – Sundari Enterprises

May/June 2011

A Tool for Seeing More Clearly

When we study the words of truth reverently, we receive as much living spiritual influence as we are capable of accepting. Reality is *that which is*. It is beyond conditioning and human comprehension. The entire world with its various manifestations is but a reflection of the formless Reality which exists in its transcendental aloneness. A soul which is deluded finds its vision to be obscured; thus it is ensnared in the cosmic process, the endless chain of causes and effects. Only when the soul awakens to realize that its nature is the same as the Universal Reality can it be free. Then the sense of separation from the Source (God) is removed. The constant wandering in chaos or confusion about life ceases and the soul rests in knowing this life will be completed as guided and all is complete.

In our Christianity teachings we hear, “What must I do to be saved?” In other systems we may hear, “how do I become enlightened?” No matter what system we accept, if our true intention is to perceive the true way, we will experience a transformation taking place in our life. No matter which system we follow, the answer of truth is always the same, “Leave the world (confusion) with its vain imaginings and false hopes and follow Me; that is follow Divine Spirit within you.

How many are willing to go all the way in life? How many are truly serious about knowing the truth about the great promise, “Seek ye first the kingdom of heaven and its righteousness and all things will be added unto you?” The testimony of the masterful ones is that all who are in tune with God are automatically provided for and live a life of freedom from chaos and darkness.

So many have heard the words given above, “Seek ye first.” However; it is not really understood by a lot of people. It has much more to do with what we truly are as Light bearers. It has to do with the fact that we are like a five pointed star as we have five points of projection. The positive centers within the body are the brain, spleen, heart and generative organs. The great reception center of the body is the solar plexus. The astral system of a human body, with six (twelve by polarity) inner spinal centers, is inter-related with the physical sun and the twelve zodiacal signs. The sun of course is the crown center of man.

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*“SEEK YE FIRST THE KINGDOM OF GOD AND
ALL ELSE WILL BE ADDED TO YOU”*

Yes, the kingdom is truly within and we need to awaken more fully as to what this actually means in our life. Truth, my friends works to refine and condition the body so it can be a fit instrument through which clear soul consciousness can filter and function.

Nothing will bring the satisfaction and realization that comes as a result of proper meditation and living the true spiritual life. Am I saying that one must be more religious, absolutely not? Meditation and prayer is for anyone and everyone regardless of whether one is religious or not. I do know that only the person who really lives from the inmost core of being will know the truth about life; not fantasy but truth. I share these words from my own personal experiences.

SCHEDULE OF ACTIVITIES

- Monday PM Kriya Yoga Meeting – Progressive Study – Class full
- Tuesday AM Kriya Yoga Meeting - Progressive Study – Class full
- Tuesday 12:30 Meditation Class - Open to the public – Call to register

(Meets every other Tuesday – Next meeting 4/26/11)

Tuesday 6:00 – 8:00 PM Meditation Class – NEW – Open to the public

(Class begins May 10 – **Everyone welcome** – Meets every other week)

Please contact Sandra for further information.

Email – Sundari2S@aol.com or PH. 863-529-4113

THERE IS NO CHARGE FOR ANY OF THE CLASSES OFFERED ABOVE

Responsible donations appreciated.

All meetings held at Light Haven in Floral City, FL

..Come join the fun and celebration of life