



THE FLASH LIGHT

The Tool Used for Seeing More Clearly

Volume 1 Issue 16

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The Totality of Being by Sandra Faye

Moving into the year of 2010, I felt inspired to offer some advanced classes in Kriya Yoga to several students who I recognized were being moved by spirit into becoming spiritual awareness teachers. So our time and energy is always valuable and should be given and focused as spirit guides us.

The truths of spirit can be intuitively comprehended only by those who prepare themselves by clearing the mind and consciousness. We *must* purge the mind of all distraction and cleanse the consciousness from all darkness to acquire spiritual wisdom. The clear realm of spirit is not separate from the realm of manifest life of creation. The clear perception of truth results in the renewal of life. There is no division in truth. We must learn to rise above the dualities and view the cosmic panorama as it is. The true illumined soul acts as a member of the kingdom of God, *transforming the world and becoming one who cares about all others best good. Some call this becoming a savior type being. Christ said as is listed in the Bible, "all things that I do you shall do and more."*

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. Only when the soul awakens to realize that its nature is the same as the Universal Reality can it be free. In Bible scripture it states that Jesus spoke thus, "the truth shall set you free."

No matter how difficult life seems to be at times, we are, according to the enlightened teachers, to take refuge in Spirit. The indwelling spirit is to, in time, come forth and be revealed in each one of us. Spirit exists in and as millions of forms on earth. Through the masses the light scarcely glimmers at all. Illumined souls may be few in contrast with what we see as confused states of mind in many, but they demonstrate what all must eventually realize.

In the most pressing of times, the activity of God is present. From the blackest of nights the glorious radiance can shine, revealing the mysteries and revelations of spirit. We must realize that we may have times where the dark forces may be directed at us by those around us who are unable to clear these forces from their own life and begin to "dump" upon those choosing to work in the realms of Light. Be aware, you must choose to dwell in the glorious radiance each and every day so that you continue to a rise in consciousness and not be pulled down in life.

Don't hesitate to begin experiencing these truths in your own life if you feel confused or dissatisfied in your spiritual journey. If you desire assistance please do not hesitate to contact me by email at Sundari2S@aol.com. My life is fully dedicated to offering time and energy to this purpose.

Richest Blessings Always - Sandra Faye

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SUNDARI
ENTERPRISE

BRINGING
LIGHT TO
ALL

WHO

SEEK IT

Peace comes as a natural result of our success in clearing the mind and consciousness of all debris and false believing.

So could it be that the land of milk and honey is within ourselves?

Nourishment in the Land of Milk and Honey!

By Lonnee Zingg

Equipped with an inspirational message, upon waking this morning, I casually sipped on coffee and watched an old time musical on T.V. with my husband. Most of the time I was wondering how the words, "Put toys away", might have significance for me. First of all, there are no small children or teenagers in our home. I remember having taken a stack of about seven journals out of a cabinet and wondering if there was any need to study the channelings of various angelic beings and ascended masters. Beautiful artwork adorned the covers, making it easy to savor and even want to collect more, since I marveled at such talent above my own "junk art", as it has been classified in the art world. The message, which was not heard or seen, simply came through my thinking somehow. Not wanting to lose it, I wrote it down and finally got dressed and went outside to mow the lawn.



The last time I had an inspirational break-through was while doing yard work! Yes, it had been the question of why I had difficulty giving my most prized rock collection to the grandchildren. The answer at that time came to me that fear was a factor. Once I recognized the fear and it's deeper components, I felt unfettered, free and happy! This time in the yard, loving mother earth and being thankful for life....ahhhhh! I recalled a statement: "You can live off the fat of the land." I



I thought about the folks in the King James Bible, who had been given permission to go down and claim the land, rich in milk and honey, however their fear of giants kept them from doing anything. So could it be that the land of milk and honey is within ourselves? Then we have permission to go within and feed on the riches therein! Did the journals offer me real food? As attractive and interesting as the journals are with tempting bits of cosmic information and suggestions for vibrational changes, my personal path of development involves my own discoveries. It truly is time for me to put the toys (journals) away. As a student of Kriya Yoga, it occurs to me that it is for my highest good to feed on the words of inspired masters who have left the legacy of truth for us to partake of freely. This time the giants (fears of the unknown) have to go!

By Lonnee Zingg

From the Cosmic Bag of Goodies By Sharon Hawkins

Spirit has been guiding mankind down through the ages in the development of different tools to use so we can get back “home”. First and foremost for many people is the concept of meditation. Others are drawn to the Chakra Systems, the Meridian Lines, the Morter Power March and so many workshops and so little time. All these techniques come from Spirit through man allowing each one to seek that which works for the individual. That is why there are so many techniques in our world.



So here is what I am working on— releasing my old conscious and sub conscious emotional patterns in order to heal on a cellular level. Our cells have memories that can block or propel us forward I our Spiritual maturity. Our worries, fears, regrets, judgments, anxieties and irritations actually interfere with our Divine purpose. We get disconnected from our Source and then feel ill and wonder why. Our joys, happiness, laughter, delight, creativity and hopefulness create a cell memory that keeps our Divine Plan in harmony and alignment which allows us to be in perfect wellness and health. So with every thought, word, action and deed, we each make a decision as to what our cells will remember. Here is where the innate Wisdom will follow every command it is given.

Right now I am using two different techniques to help myself. I am currently writing down any and all emotions or memories that pop into my head because I figure they are there for me to look at, move through and release. After releasing an old memory that is not for my Highest Good, my intention is to fill that cell with a current positive memory keeping myself in a state of gratitude and using “I Am” affirmations. Eventually I will burn the writings as that is, for me, a part of the release and cleansing process. The second tool is meditation as taught to me by Sandra Faye in her Kriya Yoga classes. These classes have been a wonderful influence in my life that I cannot even put into words. For the first time in my life, I feel OK with where I am— knowing that I can change whatever I want whenever I want. It is my choice and my choice alone.

Rest assured that I am still and probably always will be a work in progress with my good days and not so good days at accomplishing all I have written about in this article. Intention is what I try to focus on today—one second at a time.

Namaste ~ Sharon Ann Hawkins

*Our
intense
desire
to pray,
study and
meditate
must be
for the
realization
of the
Truth
for Truth's
sake
alone.*



“when you
use raw foods,
it elevates
your
vibrations...
eating live
foods with
live enzymes...
it does a
body good....”

A DELICIOUS SUMMER DELIGHT

By Lillian Chilson

Hello dear fellow light workers! Here it is, another News Letter from our beloved friend and teacher, Sandra. She had mentioned that there had been many comments and appreciation for the previous news letter's recipe contribution. With that in mind, I say thank you for all your positive feedback, and I gladly share with you another delight that is paramount to teasing the taste buds as well as nourishing the body. Desserts seem to be a pleasure that we are often told to for go because of the sugars and empty calories that they provide. As with last month's recipe for the Apple Pie, this one is filled with good things such as protein and good fats, as well as being high in Vit C and flavor. There are a lot of calories, so a little piece goes a long way, but the flavor and taste satisfying element of this dessert will be sufficient with the small piece....hopefully. The treat that I am bringing you today is known from the Florida Keys.... namely "Key Lime Pie", or tartlets. It is from Matthew Kenny's book "Everyday Raw". Ann Wigmore had this also in her book, and Matthew got it from there as well I believe. It is not hard to make, and the equipment is, namely a Vita Mix and a food processor and a dehydrator. I also use my convection oven that has a low temp to 150 degrees. Please let me know what you think of it. I know it really bursts in my mouth with flavor. Hope you enjoy.

KEY LIME PIE

CRUST:

MAKES 1 9" PIE OR 4 TARTLETS

2 1/4 C cashews	2 Tbs maple syrup
1 Tbs coconut oil	1 Tbs date paste or 3 medjoule dates
1 pinch of salt	soaked and chopped

Place cashews in food processor and pulse into small crumbs. Combine cashews and all remaining ingredients in a large bowl. Lie individual tart pans or 1 9" pie pan that have been coated/sprayed with lecithin and oil (or pam spray). Press dough into pans to desired thickness (thin is best). Dehydrate overnight at 105 degrees. Store in freezer of refrigerator until ready to fill. This makes the crust firm and stable for the filling.

FILLING:

3 Cups cashews soaked at least 1 hour	1 Cup key lime juice
3/4 cup coconut oil melted	1 tsp vanilla extract
1/2 tsp sea salt	1/4 vanilla bean scraped
3/4 cup Agave nectar	1/4 cup lime zest

Blend all ingredients in a Vita-Mix until very smooth. Filled candied nut crust and chill in freezer overnight. Remove tartlets from pans and wrap in plastic wrap, or for pie, cover with plastic wrap. Allow to come to room temp for about 15 min before slicing to thaw slightly. Tastes great slightly frozen.

Hope that you all enjoy these adventures into raw foods. Remember, that when you use raw foods, it elevates your vibrations... eating live foods with live enzymes... it does a body good... even if it is a dessert! May your Source be with you, and may you always love the food that you eat. Love lifts us up. Love is all there is. Blessings to you all until next time....Lillian Chilson

Delicious Key Lime 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.

Being recently ordained as a minister at CSA with Mr. Roy E. Davis, the main focus of Sandra's teachings will be on Kriya Yoga meditation. See Kriya Yoga section.

***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.***



LIST OF EVENTS



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



KRIYA YOGA ADVANCED CLASSES 6 - 8 PM Sep 6, Sep 20, and Oct 3

KRIYA YOGA ADVANCED CLASSES 10 - 12PM Sep 7, Sep 21, and Oct 4

KRIYA YOGA CLASS 1:30 - 3:30PM Sep 7, Sep 21, and Oct 4

Initiates Week at CSA Sep 11 - 17 Sandra in silent retreat.

NOTE: Kriya Yoga Classes are full. Openings are available for 1:30 PM Class.
Must be pre-registered to attend. Contact Sandra at
Sundari2s@aol.com or 863- 529-4113

Sandra on Tour October 8 - Pending Jackson, MS and surrounding areas
Workshops and Private Consulting

Jackson Contact: Loy Moncrief 601-987-0234
lmoncrief@comcast.net

NETWORKING WITH FRIENDS

Location: Light Haven - Floral City, FL

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

September 4 10 - 12:30PM Presenter Sharon Hawkins - Meditation and
Spiritual Discussion of "I Am That I AM"
Bag Lunch with water, coffee and tea supplied

**Promoting
Spiritual
Growth**



Paul and John

**presentation
at Light Haven on Zecharia Sitchin**

during their

PROPHECY - Is it set in stone?

By Sandra Faye

Is there light at the end of the tunnel? I cannot tell you how many calls, emails, and letters continue to flood in asking me this question. Others use similar words, but most of what is being questioned is whether we are going to continue on a down hill run on this globe. My commentary on this topic will include much of the research I have done in the past, as well as what I am receiving up to this very day. I, like so many of you have questioned things for years. I am always pretty satisfied with what spirit has given me as guidance, to find answers to my questions.

We have all heard from the prophets of doom and gloom--but I am here to tell you prophecy is **not set in stone**. Yes, those that I receive from, and much of my personal research, reveals that the period we have entered, and will continue to move thru, is unique in its opportunity for spiritual progress for all humanity no matter where they are on their path of life.

I have written a set of lessons on prophecy and I believe they will be of great benefit to you as you hear of the ongoing potential for more war, turmoil and even cataclysms which we see daily taking place.

The dramatic insights and revelations being shown to me to write will help you shape the future you want, and you can do it! Our future can be bright and calm during all the storms, if we choose to follow what our masterful saints teach and offer for our consideration. Yes, we have a choice in all of life's presentations. Know that this information will release within you a high-frequency spiritual energy that can bring balance, harmony, and positive change into your life. These are not just my words, these are words given to me to offer you as my work of service has always been to assist others by being a catalyst and breaking open the fields of bondage mankind has created.

May I also suggest to you, that you cease from focusing on 2012 as a date that something very dramatic will happen and that it could be devastating. The alternative that I would offer is that you begin **this very day** to focus on how you can be **the Light bearer who holds** the balance upon this beautiful planet so that any solidified vision of doom and gloom is dissolved as sugar in water and transformed by that action into refined matter which means new life. A new heaven and earth is coming, and that happens by you and me waking up more fully so that we radiate more LIGHT!

Order Lessons: www.sundariscorner.com
Consults - Pay Pal \$35.00 Misc.



*Our
future
can be
bright and
calm
during all
the storms,
if we
choose
to follow
what our
masterful
saints
teach
and offer
for our
consideration.*



SUNDARI ENTERPRISES

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WHO SEEK IT

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The Flash Light

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Sandra Faye
Transformative and Motivational Consulting
Business and Personal



SANDRA and FRIENDS



Sandra and Sharon Hawkins attend a workshop with Edwene Gaines at Jacksonville Unity Church



Althea with her recently published book "LOVE"