

S.U.N.

Spiritual  
Unfoldment  
Network™

CHECK OUT OUR WEBSITE! [www.spiritunfold.com](http://www.spiritunfold.com)

A Triannual Newsletter of Transformational Workshops

January, February, March, April 2021

### CoVid-19 Support from S.U.N.:

- \* Get This Free Class with Energy Initiations, “Living Gracefully in the Time of CoVid-19” (you must request the course from [sif@spiritunfold.com](mailto:sif@spiritunfold.com) before you can receive the initiations).
- \* Check out S.U.N.’s Free Sunday and Monday energy transmissions to support you - see page 17.

We wish you all health and safety during this difficult time  
- Irving, Christine and Judy

### Now You Can Order All S.U.N. Courses and Products:

We are shipping all CDs, Books and Ankhs, including the  
Enhanced Classic Courses.



### DISTANT COURSES:

“The Mysteries of Nephthys”™  
and 7 new workshops!

*Distant transmissions can be  
taken at any time.*

For information about “Nephthys” see page 15.  
New Distant Workshops are on page 20.

### Is There A More Effective Way To Be On Your Path?

If you’re like most people who read our newsletter, you have a sincere interest in personal or spiritual growth and you’re open to the possibility of techniques that will assist you to progress faster. This article describes methods which have been used successfully in esoteric traditions for thousands of years, yet are only now starting to become known in our own culture. I have seen these methods create changes not achievable by any other method—changes in my own life and in the lives of thousands who have taken our workshops.

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### What is S.U.N.?

The Spiritual Unfoldment Network is an international non-denominational spiritually oriented network of teachers dedicated to making esoteric energy work from all major spiritual traditions available to the public. Our goal is to assist people in progressing more effectively on their personal spiritual path, at their own pace, without prescribing what that path must be.

## A Note from the Founder

### Welcome to the Spiritual Unfoldment Network Newsletter



S.U.N.'s work is founded on two premises:

(1) The truth is inside you; what you seek lies not outside of you but within the treasure chest of your own heart. In the Dhammapadda the Buddha says, "The way is

not in the sky, The way is in the heart." In the Gospel According to Luke, Jesus says "The kingdom of God is not coming with things that can be observed; nor will they say, 'Look, here it is!' or 'There it is!' For in fact, the kingdom of God is within you."

(2) The many beautiful shaktis (spiritual energies) which the Divine has given us are master keys to unlocking that treasure chest. When we say "spiritual energy," we are talking not about something abstract but about transforming the quality of our lives moment to moment, about integrating matter and spirit in our daily lives.

People respond differently to various traditions. It is our hope that by making available energies from the world's great spiritual traditions, you can find the key that best unlocks your own treasure chest.

Best Wishes,

*Irving Feurst, Founder and Director*

### About Irving Feurst

Irving founded S.U.N. in 1992 after his life was transformed by shakti initiation. Irving was so enriched by these spiritual experiences that he is devoting his life to making shakti initiations available to others.

Irving is also the founder and director of Khu, the Egyptian Mystery School, ([www.egyptianmysteryschool.com](http://www.egyptianmysteryschool.com)), a long distance spiritual program with monthly energy initiations and written lessons.

For a brief explanation of energy, see the article "Is There A More Effective Way To Be On Your Path?" on page 1, and "Intelligent Energy" on page 8. For more biographical information about Irving, see Chapter 1 of the book *Energy Blessings From The Stars* by Virginia Essene and Irving Feurst. For a longer introduction about energy, see Chapter 2 of the book. See page 8 of this newsletter to order the book.

## Why Take a S.U.N. Network Class?

S.U.N. classes are unique in their variety and transformative power. People at all levels of experience attend our classes—from complete beginners to professional energy workers. Students receive "attunements" which are permanent empowerments of their subtle energy fields. This is what gives them the capability to do the "work."

• • •

Many teachers are located in the San Francisco Bay Area, as well as throughout the United States, and in Europe and Asia. On a triannual basis, over 200 classes and demonstrations are offered at convenient times on various evenings and weekends.

• • •

Classes are very modestly priced with most introductory seminars starting at under \$100. (Angel classes always cost \$80 or less). While some introductory courses are inexpensive, all S.U.N. courses are powerful and transformative. Even our advanced classes cost much less than those of the few comparable organizations doing this level of work. Some topics are completely covered in just one class, while others are part of a series which can be taken over several months or years.

• • •

Live classes are led by highly trained S.U.N. teachers, providing a workbook which guides the student in practice at home. Practice can be for whatever amount of time desired and progress is made accordingly. This can range from 15–20 minutes 3–4 times per week to as much as several hours each day. Additional guidance from teachers, individual sessions, and free group meetings may be available.

• • •

Even taking the first course of a series is a complete training of its own and will provide the student with opportunities for a lifetime of practice. New classes are being offered on a triannual basis to expand the selection and to provide experiences that more closely match the ever-changing needs of the students.

### In the S.U.N. workshops you will:

- Accelerate your transformation at every level of your being: physical, emotional, mental, and spiritual—beyond what you have believed was possible.
- Receive powerful initiations ("shakti").
- Direct energy purely by intention to create the desired experience.
- Release blocks which prevent you from manifesting your true nature.
- Directly experience the love of the God within you.
- Become connected in a very deep way with higher guidance: angels, guides and your Higher Self.
- Use S.U.N. teachings to enhance other abilities you may have acquired in the past or might obtain in the future (such as Reiki, NLP, visualization, meditation, etc.).
- Prepare yourself to go on to advanced work if desired. (But at no time will you ever be pressured to do so.)

*By Byron Mandel*

## A Little of Your Time Could Be A Big Investment In Your LIFE!

Attending a free “Introduction to S.U.N. Workshops” with the teacher who will be giving that workshop is a simple, comfortable way to determine what that and other workshops have to offer you.



The first thing to know is that no one at S.U.N. will attempt to sell you or convince you of anything. The introductory evenings are designed to let you experience firsthand what this work is about, and you can decide for yourself.

Whether you are newly interested in subtle energies or have been working with them for a while, we believe you will find that S.U.N. is at the leading edge in this field. As you look over this newsletter, you may find a workshop that is of particular interest to you. To find out where these introductory evenings will be held, call the teacher. (See the Teacher Directory on page 12.)

S.U.N. Network is not associated with any particular religion, but draws meaning from many of the powerful spiritual practices around the world throughout history. Whatever your chosen path, this work can help you along your way. If you feel an impulse to see what this is all about, mark your calendar now for the date you want to attend! It could be a turning point in your life.

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### Newsletter Staff

Irving Feurst, *Founder/Director*  
Christine Clements, *Office Mgr.*  
Sherry Mouser, *Graphics*  
Judy Flum, *Production*

## *You are invited to our* **Free Introductory Workshops**

### Transforming Yourself With S.U.N. Energy: An Experiential Introduction

S.U.N. teachers give talks explaining energy work and providing an overview of our unique workshops. Come experience these transformative energies for yourself! **For directions to talks, or to arrange talks at times or locations other than those listed, call your nearest teacher.** (See the Teachers' Directory on page 12.)

Some teachers prefer to schedule Introduction to S.U.N. Workshops and Energy Meetings when they are contacted rather than in advance, and some teachers schedule more of these than can be listed in the newsletter. However, the S.U.N. office does not maintain lists of these other events. Please call the teachers listed on page 12 if you are interested!

#### Introduction to S.U.N. Workshops (Free)

Monday, January 4	6 pm – 7:30 pm	Zoom/Phone	L. Metzger
Friday, February 5	6 pm – 7:30 pm	Zoom/Phone	L. Metzger
Saturday, March 6	4 pm – 5:30 pm	Zoom/Phone	L. Metzger
Monday, April 5	6 pm – 7:30 pm	Zoom/Phone	L. Metzger

*“Now I am doing cartwheels because S.U.N. shines so much Light and every day I pray to know as you do ‘soul purpose and evolution’! . . . S.U.N. has been/is the biggest blessing in my life. That and the connection to my soul it allows.”*

- Lizzie H.

### S.U.N. Energy Meetings

Some S.U.N. teachers hold Energy Meetings on a regular basis. These meetings are to further your understanding and practice of energy work you are learning in S.U.N. workshops. Participants practice using new S.U.N. skills, i.e. practicing energy work on each other. We also meditate, answer questions and discuss spiritual problems you might be having. Lastly, this is a place to meet and socialize with others who share common interests. Attend an energy meeting facilitated by S.U.N. teachers.

Students who are interested in Energy Meetings close to home should call their nearest S.U.N. teacher (see directory on page 12). Many S.U.N. teachers will arrange these meetings to work with your schedule.

# Enhanced Classic Courses on CD

S.U.N. is often contacted by people who want to take one of my courses but who live too far away to attend physically. The Enhanced Classic Courses fill this need. Rated as “stellar”, these classes, which only I can teach, were recorded at the time they were taught.

The Enhanced Classic Courses use enhanced energy technologies which make them so much more powerful than the original courses – they almost constitute a second level of the energy. This makes them one of S.U.N.’s best bargains since the second level of a course can cost appreciably more than the first level of the energy. Ask your Higher Self if you would benefit from this opportunity. Those who took the classes live may order at a reduced price, instructions are on page 5. *By Irving Feurst*

## RELEASING ANGER \$92 CA \$85 US

We all have anger inside. Do you hold your anger in, or let it out when you wish you hadn’t? Activating this energy helps you to let go of detrimental anger (whether anger is “detrimental” is determined by your own higher self). This attunement can even help you release anger from your childhood or previous lives!

## SELF-ACCEPTANCE \$92 CA \$85 US \$85 US

The first step to self-love is self-acceptance. This autonomous (self-activating) initiation is for an energy that acts to increase your self-acceptance. It helps you to counter the voice of the inner critic and appreciate your value and the beauty of who you are. For use on oneself only.

## ZAVIJAVA \$92 CA \$85 US

The star Zavijava (scientific name beta virginis) is a pale yellow star on the left shoulder of the constellation Virgo. Zavijava is a relatively dim star with a magnitude of 4. It was the star Einstein used during the solar eclipse of Sept. 21, 1922, which fell close to it, to determine the speed of light in space. In this course you receive an initiation that allows you to run the energy of the star Zavijava as well as to make (in two minutes or less) an elixir by putting the energy of the star Zavijava into water. Zavijava energy is extremely useful for emotional and mental clearing, particularly in dealing with emotions related to shame. It has the unusual property of allowing you to release emotional blocks without having to go through any emotional processing. The energy can be run for yourself and others.

## THE CADUCEUS FORCE \$92 CA \$85 US

The caduceus symbol consists of a wand around which two snakes are intertwined and which is topped by wings. Since ancient times it has been a symbol of enlightenment, higher wisdom, healing and even immortality. This course is part of the ongoing release to humanity, through S.U.N., of wisdom teachings and initiations from the ancient Egyptian Mystery Schools. In this course you learn that the caduceus force operates at the cellular level, propelling human physical, social and spiritual evolution. It operates in everyone at a certain base line level, but must be worked with for the higher levels to be accessed. Receiving the caduceus initiation will profoundly accelerate and deepen your transformational process at all levels of your being.

## LIVING GRACEFULLY IN STRESSFUL TIMES \$92 CA \$85 US

We live in stressful times. In this course you receive an autonomous (self-activating) shakti that increases your ability to tolerate ambiguity, thus making it easier to transcend these difficult times. However, this is much more than a course of topical interest. The ability to tolerate ambiguity is an important spiritual virtue. Indeed, the capacity to enter realms of what have been called “non-conceptual reality” is a key prerequisite of enlightenment.

## STAR JOURNEYS CLASS 7, ALTAIR: ALIGNMENT WITH DIVINE WILL \$92 CA \$85 US

Altair is the 12th brightest star in the sky. Altair energies can help you develop the quality of alignment with divine will and to become aware of your soul purpose. These energies can help to open your crown chakra and integrate your chakra system. *The angelic realm using a new Star Gridwork Technology™ has magnified the original attunements by a factor of 4, making these among the most transformative S.U.N. classes yet available. No Prerequisites, can be taken in any order.*

*“As the one sun illuminates the whole earth, so the Lord illuminates the whole universe.”*

- The Bhagavad Gita

## More Enhanced Classics

*(Descriptions on the website)*

A TOUR OF THE ANGELIC KINGDOM, 1-3/6-12 (Each)	\$92 CA \$85 US
ABUNDANCE AS A DIVINE ELIXIR	\$92 CA \$85 US
ACCESSING OBSERVER CONSCIOUSNESS	\$92 CA \$85 US
ACTIVATING YOUR COMMUNICATION RING	\$92 CA \$85 US
ACTIVATING YOUR HARA CENTER	\$92 CA \$85 US
ACTIVATING YOUR THYMUS CHAKRA	\$92 CA \$85 US
THE ALCHEMY OF LIGHT	\$92 CA \$85 US
ALIGNING WITH THE CENTRAL SUN	\$92 CA \$85 US
AMITABHA EMPOWERMENT FOR ENLIGHTENMENT	\$119.19 CA \$110 US
ANGELIC DREAM PRACTICE: LOVE	\$92 CA \$85 US
ANGELIC DREAM PRACTICE: MANIFESTATION	\$92 CA \$85 US
ATLANTEAN TEMPLE INITIATION (CROWN CHAKRA)	\$92 CA \$85 US
BABAJI’S CELLULAR TRANSFORMATION SYSTEM	\$92 CA \$85 US
BABAJI’S CHAKRA TRANSFORMATION SYSTEM	\$92 CA \$85 US
BABAJI’S LIGHT BODY SYSTEM	\$92 CA \$85 US
BALANCING THE PINEAL AND PITUITARY GLANDS	\$92 CA \$85 US
BALANCING CHAKRA PAIRS	\$92 CA \$85 US
BECOMING YOUR IDEAL SELF	\$92 CA \$85 US
BECOMING YOUR TRUE SELF	\$92 CA \$85 US
THE BLUE PEARL, LEVEL I	\$92 CA \$85 US
BRAIN OPTIMIZER	\$92 CA \$85 US
THE BREATH OF JOY	\$119.19 CA \$110 US
THE CADUCEUS FORCE	\$92 CA \$85 US
CENTERS OF DIVINE WILL: THROAT CHAKRA	\$92 CA \$85 US
CENTRAL SUN ENERGIES	\$92 CA \$85 US
CENTRAL SUN PATTERN RELEASE	\$92 CA \$85 US
CENTRAL SUN SOUND CHAKRAS	\$92 CA \$85 US
CHAKRAS: THE OTHER SIDE	\$92 CA \$85 US
CHRIST SEEDS: RAYS 1-7 (Each)	\$92 CA \$85 US
CLEARING RELATIONSHIP KARMA	\$92 CA \$85 US
CONNECTING W. YOUR OTHER-DIMENSIONAL SELF	\$92 CA \$85 US
CONNECTING WITH YOUR SOUL GROUP	\$92 CA \$85 US
CONTINUING ANTAHKRANA WORK (Repeatable, Each)	\$92 CA \$85 US

## More Enhanced Classic Courses

(continued from page 4)

COSMIC HEART INITIATION	\$92 CA \$85 US	MAYAN DREAM TEMPLE	\$92 CA \$85 US
THE CRYSTALLINE GRIDWORK	\$92 CA \$85 US	MEDITATING ON PRIMORDIAL LIGHT	\$92 CA \$85 US
DEVELOPING CLAIRAUDIENCE WITH NEW INITIATION	\$92 CA \$85 US	MEET YOUR FUTURE SELF	\$92 CA \$85 US
THE DIAMOND LIGHT	\$92 CA \$85 US	MICHAEL'S CHAKRA TRANSFORMATION SYSTEM	\$92 CA \$85 US
DIVINE ALIGNMENT	\$92 CA \$85 US	MIRACLE OF THE BREATH	\$92 CA \$85 US
THE DIVINE FEMININE & GLOBAL TRANSFORMATION	\$92 CA \$85 US	MOONLIGHT, DREAMS AND DEVAS	\$92 CA \$85 US
DREAM WATER	\$92 CA \$85 US	THE MUSTARD SEED MEDITATON	\$92 CA \$85 US
EARTH BREATHING	\$92 CA \$85 US	THE MYSTERIES OF THE LALANA CHAKRA	\$92 CA \$85 US
EMBODYING YOUR SOUL NOTE	\$92 CA \$85 US	THE MYSTERIES OF OM	\$92 CA \$85 US
EMPOWERING THE BIJA MANTRAS	\$92 CA \$85 US	THE MYSTERIES OF VENUS	\$92 CA \$85 US
EMPOWERING YOUR BASE CHAKRA	\$92 CA \$85 US	OPENING THE FIFTH SPIRILLA	\$92 CA \$85 US
ENHANCING AFFIRMATIONS	\$92 CA \$85 US	OPENING TO THE HEART OF THE SUN	\$92 CA \$85 US
ENHANCING ENERGY BLESSINGS FROM THE STARS, LEVEL 2	\$92 CA \$85 US	OVERCOMING OBSTACLES TO ENLIGHTENMENT	\$92 CA \$85 US
ENOCHIAN TRANSFORMATION SERIES: <i>Prerequisite: Prior Cycle, Level and Class Required for each course in series</i>		PLANETARY GRIDWORK ALIGNMENT	\$92 CA \$85 US
ENOCHIAN TRANSFORMATION 1.1.1 through 1.4.10 (Each)	\$92 CA \$85 US	POLARIS, YOUR CELLS, AND D.N.A.	\$92 CA \$85 US
THE FIRE OF ELIJAH	\$92 CA \$85 US	THE POWER OF CHAMUNDI	\$92 CA \$85 US
GABRIEL'S TRUMPET (Archangel Class)	\$92 CA \$85 US	POWER OF THE NORSE RUNES: HAGALAZ	\$119.19 CA \$110 US
GALACTIC D.N.A. ACTIVATION	\$92 CA \$85 US	RAINBOW MERIDIAN SYSTEM	\$92 CA \$85 US
GOD AND THE VOID	\$92 CA \$85 US	RECAPTURING PAST LIFE GIFTS	\$92 CA \$85 US
HARMONIZING YOUR THREE MOST IMPORTANT ENERGY CHANNELS	\$92 CA \$85 US	RECREATING YOUR ATMIC PERMANENT ATOM	\$92 CA \$85 US
HAWAIIAN SECRETS OF MENTAL CREATION	\$92 CA \$85 US	RECREATING YOUR BUDDHIC PERMANENT ATOM	\$92 CA \$85 US
HAWAIIAN STAR ENERGIES	\$92 CA \$85 US	RECREATING YOUR EMOTIONAL PERMANENT ATOM	\$92 CA \$85 US
HIDDEN ABILITIES OF YOUR 1,2,3,4 &5th CHAKRA (Each)	\$92 CA \$85 US	RECREATING YOUR MENTAL PERMANENT ATOM	\$92 CA \$85 US
HIGHER CONNECTION	\$92 CA \$85 US		
HOLOGRAPHIC CELLULAR CLEARING, LEVEL I	\$92 CA \$85 US		
IMPROVING YOUR ABILITY TO WORK WITH ANGELS	\$92 CA \$85 US		
INSTINCTIVE EATING	\$92 CA \$85 US		
INTEGRATING SUBPERSONALITIES	\$92 CA \$85 US		
INTEGRATING YOUR CEREBRAL HEMISPHERES	\$92 CA \$85 US		
INCREASING THE POWER OF YOUR FAVORITE MANTRA	\$92 CA \$85 US		
INTERDIMENSIONAL GATEWAYS, 1 – 12 (Level 1 Required)	\$92 CA \$85 US		
KUAN YIN ENLIGHTENMENT SYSTEM: LEVEL 1	\$92 CA \$85 US		
KUAN YIN, LEVEL 2 (Prerequisite: Level 1)	\$146.38 CA \$135 US		
KUAN YIN, LEVEL 3 (Prerequisite: Level 2)	\$200.75 CA \$185 US		
KUAN YIN, LEVEL 4 (Distant, No CD - Prerequisite: Level 3)	\$230 CA \$230 US		
LEARN KARMIC LESSONS MORE EASILY	\$92 CA \$85 US		
LIFE FORCE INITIATION	\$92 CA \$85 US		
THE LIGHT OF THE CELLS	\$92 CA \$85 US		
THE LIGHT OF URIEL (Archangel Class)	\$92 CA \$85 US		
LIVING GRACEFULLY IN STRESSFUL TIMES	\$92 CA \$85 US		
LOST KABBALISTIC TEACHINGS OF JESUS: PEARL	\$92 CA \$85 US		
LOVE FOUNTAINS, LEVEL I	\$92 CA \$85 US		
MANIFESTING THROUGH EARTH'S GRIDWORK	\$92 CA \$85 US		
MANIFESTING YOUR SOUL PURPOSE	\$92 CA \$85 US		
MAYAN CRYSTAL SKULL AND GALACTIC CENTER	\$92 CA \$85 US		

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### How to Order the Enhanced Classics

**Order online:** By credit card at [www.spiritunfold.com](http://www.spiritunfold.com)

**Or order by mail:** Please send your request to S.U.N., P.O. Box 5900, Hercules, CA 94547. Check or money order should be made out to "S.U.N." Prices include shipping and handling fees. All courses (except Amitahba Empowerment, Breath of Joy, Kuan Yin Enlightenment 2,3,4, Power of the Norse Runes and Working with the Archangels Metatron and Zadkiel) are as follows: California residents pay \$92 (tax included), U.S. (not CA) \$85, and International \$95.

**Please indicate which courses you would like to receive.** In case we need to contact you, please include your name, mailing address, phone number with area code, and email address. If more than one person will be receiving the attunements from these CDs, please include an additional payment for each person. PLEASE NOTE THE PRICES BY EACH COURSE: CA means California resident price; U.S. means U.S. resident outside of California. To place international orders, see the information below.

**For people outside the domestic United States:** Order online by credit card or by mail. Payments sent from other countries should be made out in U.S. dollars and drawn on a United States bank (international money orders in U.S. dollars are acceptable). PLEASE ADD \$10 PER COURSE ABOVE THE U.S. (NOT CA) PRICE TO COVER THE EXTRA COST OF INTERNATIONAL SHIPPING.

**If you have taken a course previously:** Please follow the instructions above, indicate that you took the original course (we will verify it in our records). CA residents, please enclose \$25.56, U.S. residents (non CA) \$23.50, and International residents: \$33.50.

## More Enhanced Classic Courses

(continued from page 5)

RECREATING YOUR PHYSICAL PERMANENT ATOM	\$92 CA \$85 US
RECREATING YOUR RELATIONSHIP WITH ANYONE	\$92 CA \$85 US
RELEASING BLOCKS TO SUCCESS	\$92 CA \$85 US
RELEASING ANGER	\$92 CA \$85 US
REL. UNCONSCIOUS BLOCKS TO YOUR GOALS	\$92 CA \$85 US
RESTORING WHOLENESS TO THE HEART ( <i>Archangel Class</i> )	\$92 CA \$85 US
REWIRING THE ETHERIC, EMOTIONAL, MENTAL, CAUSAL BODIES ( <i>Each</i> )	\$92 CA \$85 US
SECRET CHAKRA LUCID DREAMING	\$92 CA \$85 US
SELF-ACCEPTANCE	\$92 CA \$85 US
THE SHIELD OF BASTET	\$92 CA \$85 US
THE SIKHOTE-ALIN INITIATION: GOD AS SELF, LIGHT AND POTENTIALITY	\$92 CA \$85 US
THE SIRIAN PORTAL	\$92 CA \$85 US
SOLAR ALCHEMY, LEVEL 1	\$92 CA \$85 US
SOLAR ANGEL CONDUCTION GRIDWORK, LEVEL 1 OR 2	\$92 CA \$85 US
THE SOLAR CHALICE	\$92 CA \$85 US
THE SOLAR EGO	\$92 CA \$85 US
SOUL-CENTERED CHAKRA WORK	\$92 CA \$85 US
SOUL CLAIRVOYANCE, PARTS 1 & 2 ( <i>Each</i> )	\$92 CA \$85 US
SOUL SEED: MEDITATION	\$92 CA \$85 US
SOUL SEED: RESTRUCTURING YOUR CHAKRAS	\$92 CA \$85 US
SOUL SEED: RESTRUCTURING YOUR SUBTLE BODIES	\$92 CA \$85 US
STAR JOURNEYS, CLASSES 1 through 7, ( <i>Each</i> )	\$92 CA \$85 US
THE SOUND OF YOUR D.N.A.	\$92 CA \$85 US
THE STAR OF DAVID INITIATION	\$92 CA \$85 US
THE SWEETNESS OF LIFE	\$92 CA \$85 US
THE SWEETNESS OF LIFE TRANSMISSIONS	\$92 CA \$85 US
THE TETRAGRAMMATON	\$92 CA \$85 US
THE TRIPLE SWORD OF MICHAEL ( <i>Archangel Class</i> )	\$92 CA \$85 US
THE TWELVE CHAKRA SYSTEM	\$92 CA \$85 US
THREE RAY BOHDICHITTA	\$92 CA \$85 US
THROUGH THE BINDU	\$92 CA \$85 US
UNDERSTANDING AND EXPERIENCING NON-ATTACHMENT	\$92 CA \$85 US
UNIFYING PERSONAL UNCONSCIOUS & HIGHER SELF	\$92 CA \$85 US
UNITING MIND AND HEART	\$92 CA \$85 US
VAJRA, SEX AND ENLIGHTENMENT	\$92 CA \$85 US
VIPASSANA, LEVELS I through V ( <i>Each</i> )	\$92 CA \$85 US
THE WONDER OF A CHILD	\$92 CA \$85 US
WORKING WITH GANESHA	\$92 CA \$85 US
WORKING WITH PLANETARY TRIANGLES, LEVEL II	\$92 CA \$85 US
WORKING WITH THE ARCHANGEL HANIEL	\$92 CA \$85 US
WORKING WITH THE ARCHANGEL METATRON, LEV. I	\$119.19 CA \$110 US
WORKING WITH THE ARCHANGEL RAMAELA	\$92 CA \$85 US
WORKING WITH THE ARCHANGEL ZADKIEL, LEVEL I	\$119.19 CA \$110 US
WORKING WITH THE ELOHIM, LEVEL I	\$92 CA \$85 US
YOUR D.N.A. AND SPIRITUAL GROWTH	\$92 CA \$85 US

## Is There A More Effective Way To Be On Your Path?

(continued from page 1)

### Utilizing energy is the key to physical vitality and spiritual evolution

We are surrounded by and are an intimate part of an infinite ocean of energy. This non-physical energy permeates all things, and all living things depend on it for their continued life and health. It is called Prana by the Hindus, Chi by the Chinese, Mana by the Hawaiians. Esoteric traditions of all ages have recognized that a master key to physical vitality and (through raising our vibrational rate) spiritual evolution is the ability to absorb and use this energy.

There are four key ideas about working with these cosmic energies.

1. Science defines energy as “the ability to do work” (I would rephrase this as “the ability to produce transformation”) and as such, energy has the capacity to produce profound change on any level of our being—physically, emotionally, mentally and spiritually. Our workshop graduates consistently report dramatic shifts in physical vitality, emotional well-being and relationships, mental clarity, their spiritual life and meditations. Often they start to notice changes after just coming to a demonstration or even just tuning in at home to our weekly transmission.
2. Unlike purely physical energies, the energies we are talking about behave intelligently. Some say they are God’s gifts to us and are the carriers of divine intelligence; others prefer to say they are linked in to cosmic mind. To give one of many implications of this fact, you can use these energies to do chakra work or energy balancing that goes far beyond more commonly known methods. Just as a high speed computer can do thousands of additions per second, these energies can do many times what we can, when we rely only on our own intelligence.
3. There are many cosmic energies, not just one. Different spiritual traditions work with very different kinds of energies. For example a representative Buddhist energy and a representative Hindu energy are quite different as they have different colors, textures, do different things, etc. Just as people respond very differently to different physical energies (e.g., that in music or food), they respond differently to the energies of different traditions. This is why the S.U.N. network works with energies from different cultures and why it is good to experiment to find the one that is best for you.
4. Through a profound initiation involving a permanent empowerment of your energy field, you can acquire the ability to access energies that would otherwise take decades of meditation.

Historically these kinds of initiations were done only by gurus. Now there are organizations, like S.U.N., doing this. All of our workshops are initiation workshops in which you receive powerful energies. You can access them at any time for yourself or others through mentally directing the flow (no visualization, mantras, etc.) thereby avoiding dependence on others.

Because the energies S.U.N. works with were specifically chosen to be the most effective from hundreds of initiations I have received, you will find them to be unlike any others available to the public. We believe we are setting the standard for subtle energy work. Come to a demonstration or tune in at home to our weekly transmission and experience them for yourself!

*By Irving Feurst*

# “Huna” and “The Infinite Light of Huna”™

## Hawaiian Spirituality

Known as Huna (meaning “secret”), the Hawaiian spiritual tradition places equal emphasis on connecting with your spirituality and connecting with the earth, your body, and your emotions. Rather than teaching transcendence of the physical plane, Huna teaches us to celebrate life, to merge matter and spirit.

## The Huna Philosophy

Huna holds that the key to living a fulfilled life lies in the awakening and integration of your subconscious self, conscious self, and higher self. It offers us a profoundly beautiful philosophy of life centered in love and the vision of humankind, nature, and the divine as harmonious parts of a cosmic community. But Huna is not just a philosophy; more than anything else Huna is something you do. It gives us a set of practices that are simple yet, when used regularly, profoundly transformational.

## Huna: Level I to V, \$105 - \$455

The S.U.N. Network teaches a sequence of classes called “Huna.” The ancient Hawaiians used the word Huna to refer to a body of knowledge and the word kahuna (literally “keeper of the secret”) to refer to a practitioner



of that knowledge. Like all S.U.N. classes, Huna is an initiation workshop in which you receive powerful energies that you can then access at any time for yourself or others by mentally directing the flow (no visualization, mantras, etc.). The workshop leader is trained in the Malaka tradition of Huna. The teacher transmits directly to the student, through permanent empowerments of the student’s energy field, abilities which would otherwise take decades to develop.

The Huna system is a sequence of progressively transformative course levels. However, the sequence is so carefully designed that you can stop at any time and have a complete experience. The first level alone contains enough tools to keep you evolving for the rest of your life.

Not only are these Huna empowerments unusually powerful, the energies feel great! Many people say they feel like they’ve spent a week in Hawaii after using them! Come to one of our demonstrations and experience these beautiful energies for yourself.

**“Huna is a wonderful spiritual experience. It not only grounds you to the earth but allows your spiritual side to soar and expand.”**

- Katherine, Chemist

## The Infinite Light of Huna™ Levels I to III: \$105 to \$205

This is a new three-level Huna course sequence. It focuses more directly on reaching enlightenment and is a complement to the “Huna” course sequence which offers a broad range of energy tools. While the two complement each other, the two course sequences can be taken independently of each other.

Many spiritual traditions teach that you first become enlightened in your sleep, then in your meditation, and then in your daily life. In this course sequence, you can experience ancient Hawaiian teachings and energy initiations that provide you with a complete three-level process to reach enlightenment.

In the first level, you receive an initiation that enables you to access a light that appears in your dreams and unfailingly guides you to understand and manifest your soul purpose. It also prepares you, if you wish to go on to the second level initiation.

The 2nd level empowers you to do a simple meditation to bring in a light that rewires your brain circuitry to reach enlightenment.

The 3rd level focuses on integrating the enlightened state with daily life. *This course has not been offered yet, but will be available in the future.*

### Some of the empowerments you will acquire in Huna Level I include:

- Connecting with the Earth in a new and deeper way.
- *Melekiana* empowerment, which permanently deepens and strengthens your energy flow from just one exposure.
- *Kala* empowerment for dissolving emotional conflict at the subconscious level. You may have heard that this ancient Hawaiian technique had been lost, however it has been preserved in the Malaka tradition.
- Sending a powerful energy to yourself and others.
- A significant increase in what Huna believes are the three key qualities of the heart: the ability of your heart to give and receive love, courage, and openness to life.
- Clearing negative thought forms the Huna way.
- Linking with the heart chakra of the sun.
- The ancient and powerful Cross of Fire initiation. This works with a whole system of energy centers and channels that most people aren’t even aware they have! It profoundly deepens work with the chakra and meridian systems as well as accessing transformational potential not available if we work with only the chakras and meridians.

## The Power and Effectiveness of Intelligent Energy™

One of the unique and beneficial (and amazing) properties of the energies used by the S.U.N. Network is that they are “intelligent.” Many believe they are much more intelligent than the human mind or the most sophisticated computers. And, with the training provided by the S.U.N. classes, an individual is empowered to access these energies and direct them with mere “intention.”



### Intelligent energy:

1. Can be programmed to optimize its effectiveness.
2. Becomes more effective and powerful with usage.
3. Can be calibrated to operate at variable intensities.
4. Teaches itself to be more effective.
5. Works with the individual to create more inspired ways to be used.
6. Helps connect the individual to other energies and guides.
7. Is available in an infinite number of varieties.
8. Can be used to help others or can be transmitted to them at a distance for their benefit.
9. Can be effective when used by intention or can be put on “automatic pilot.”
10. Can be utilized while awake or while sleeping.
11. Works together with, and even enhances other practices.
12. Is provided by the grace of God, and works independently of any religion or belief system.

It is impossible to convey in words how extraordinary this energy really is. For a direct experience of “intelligent energy,” attend one of our free introductory demonstrations, or sign up for a class.

by Byron Mandel

## An Energy Portal for Receiving Transformative Initiations Directly from Spiritual Masters in Seven Star Systems

Have you ever felt the stars were calling you?  
Here's your opportunity to find out why.

**ARCTURUS**...the blessing of HOPE through which all things become possible.

**POLARIS**...the blessing of BREATH to help release past limitations.

**PLEIADES**...the blessing of LOVE to safely open your heart chakra.

**VEGA**...the blessing of COMPASSION to use for yourself and others.

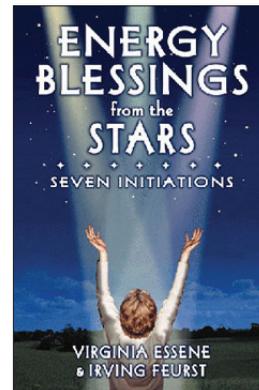
**BETELGEUSE**...the blessing of SOUL AWARENESS.

**RIGEL**...the blessing of INTEGRATION OF MATTER WITH SPIRIT.

**SIRIUS**...the blessing of amplified and glorified CHRIST CONSCIOUSNESS.

**“COMPANION” CD AVAILABLE:** “Transform Your Cellular Water Field” is a CD you can get to add to the book’s power. Water is actually a liquid crystal capable of holding much information and subtle energy. Every time you listen to this recording it releases an energy which enables the energy field surrounding the water in your cells, as well as the metaphysical water element in your subtle bodies, to hold more and higher vibrational energy, thereby accelerating your spiritual evolution.

**COMPANION COURSES:** All S.U.N. teachers can teach a special course entitled “Enhancing Energy Blessings From The Stars, Level 1”. It will significantly increase the strength of the initiations in the book. Prerequisite: you must have completed all the initiations in the book, which take about two months. See the Class Schedule for dates and locations, or contact a S.U.N. teacher to schedule a time. The Level 2 course is available as an Enhanced Classic Course. See below for how to order from the S.U.N. office.



**ORDER ONLINE:** By credit card at [www.spiritunfold.com/energyproducts.htm](http://www.spiritunfold.com/energyproducts.htm)

**ORDER BY MAIL:** Please send your order to S.U.N., P.O. Box 5900, Hercules, CA 94547 U.S.A. with a check or money order payable to S.U.N. Please include your name, mailing address, phone number with area code, and an email address, in case we need to contact you.

The amounts below include tax and shipping for each item. The California (CA) price includes sales tax. The (U.S.) price is for outside of CA. Int'l is the International price.

**Book:** *Energy Blessings from the Stars*, \$21.26 (CA), \$19.50 (U.S.), Int'l: \$32.00

**CD:** Transform Your Cellular Water Field, \$17.08 (CA), \$15.50 (U.S.), Int'l: \$24.00

**Enhanced Classic Course on CD:** Enhancing Energy Blessings from the Stars, Level 2 (*Level 1 is a prerequisite*) \$92 (CA), \$85.00 (U.S.), Int'l: \$95.00

For people outside the domestic United States: Order online by credit card or order by mail. Payments sent from other countries should be made out in U.S. dollars and drawn on a U.S. bank (international money orders in U.S. dollars are acceptable). Please refer to the above list of international prices for each item.

# Drisana™

Drisana is an energy system of such power and sophistication that it surprises even most professional energy workers. Yet its versatility and ease of use makes it perfect for even the complete beginner to energy work. It is of Tibetan origin—the word “Drisana” itself being Sanskrit for “the daughter of the sun.” Of the hundreds of energy systems into which I have been initiated, there are only a few which I use daily and, of these, Drisana is the one I use most frequently.

Like all S.U.N. classes, Drisana is an initiation workshop in which you receive powerful energies that you can then access at any time for yourself or others by mentally directing the flow (no visualization, complex symbols, mantras, etc.). People using Drisana consistently report dramatic shifts at all levels of their being—physical, emotional, mental, and particularly spiritual.

The Drisana system is a sequence of seven progressively transformative courses—with additional advanced courses being available for those who are prepared to receive them. However, the sequence is so carefully designed that you can stop at any time and have a complete experience. The first level alone contains enough tools to keep you evolving for the rest of your life.

Of the many unusual aspects of Drisana, there are three I would like to emphasize here:

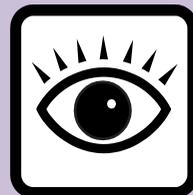
1. Each level of Drisana contains an unusually large number of empowerments, many of which have no parallel in any other system. An example is the use of “power settings,” which enable you to increase the force of not just Drisana but any subtle energy. If you have been initiated into any other energy system, you will be able to use this empowerment to run that energy more strongly than you ever have before. There’s not enough space here to list all 30 empowerments in the first level of Drisana. To get a copy of this list, look in the calendar to see who is teaching Drisana this quarter and call one of those teachers.
2. Drisana is one of only a few energy systems in the world which work with all seven planes of reality—the physical, emotional, mental, Buddhic, atmic, monadic and cosmic. Most systems neglect the atmic and monadic. Unless we can connect deeply into all seven planes, there is some part of us which feels incomplete.
3. Drisana is the only energy system in the world that works by directly accessing the star tetrahedron shaped energy fields surrounding our six incarnational centers (also known as the six permanent atoms). Our physical body, chakras, aura, etc., are but manifestations of these fields.

Although some of the above may sound too theoretical, what Drisana can do for you—physically, emotionally, mentally, spiritually—is not. Come to one of our demonstrations and experience the results for yourself.

by Irving Feurst

## Which class should I take first?

Read the Huna, Drisana and Miraculous Vessels descriptions on pages 7, 9, and 10. Does your intuition guide you towards one or the other? Still not sure? Attend a free Experiential Introduction (see pg.3), or call a teacher in your area to receive a energy sample while you are on the phone (see pg.12). Just the first level of either system provides the serious spiritual seeker with a complete repertoire of energy exercises for daily work on the emotional, mental and spiritual levels.



## Still Undecided?

Start by taking either “Working with Your Guardian Angel for Guidance and Protection” (see page 14). This helps one connect with one’s Higher Self, or “Your Rainbow Heart” (see page 19). This helps open one’s heart.

## About Meditation

The Spiritual Unfoldment Network considers meditation to be the key foundation of daily practice — which then can be supplemented with energy work. Meditation helps manifest our own inner divinity — that spark of God that is in all of us. We refer here to classical (or “primary”) practices such as mantra, breath, or mindfulness meditation. To find a meditation group in your area glance through a New Age or spiritual magazine or browse your local Metaphysical bookstore.

## Drisana: Levels I through VII, \$355 - \$555

*“The Drisana Light Body system has been like a godsend to me. I use it both for myself and others in many different situations, tremendously enriching my life....”*

– J.S., San Rafael

*“The Drisana System leaves no stone unturned when it comes to providing energetic tools in the process of personal and spiritual transformation.”*

– Jack Sadey

*“The various attunements help me with clearing, grounding, and harmonizing my energy throughout the day so that I can better serve my clients.”*

– Van Nguyen, San Francisco

# The Miraculous Vessels

## What are Miraculous Vessels?

The name of this new course comes from the energy channels referred to in the Taoist and pre-Taoist traditions by such names as the miraculous vessels, the extraordinary vessels, the psychic vessels or channels, etc. One reason that has been given for the name of these channels is that they are remarkable reservoirs of energy; this energy can either be drawn upon or the vessels will hold what some traditional sources describe as virtually any amount of excess. However, the deeper reason for the title “miraculous” comes from ancient teachings about the powers which these channels can develop, much of this knowledge having been lost over the centuries. The ancient Taoists and pre-Taoists used these vessels to greatly accelerate spiritual evolution, as well as to develop various supernormal powers. Because there were abuses of these powers, the guardians of the Taoist tradition did not

*“However, the deeper reason for the title “miraculous” comes from ancient teachings about the powers which these channels can develop, much of this knowledge having been lost over the centuries.”*

reinstitute the ancient teachings after the knowledge had died out. Through the use of S.U.N.’s star tetrahedron technology (refer to Drisana article on page 9) a new way has been found to focus on the spiritual attributes associated with these vessels, while tapping into only those special powers that are already available in other systems (such as clairvoyance and external projection of chi). Therefore S.U.N. has been commissioned by Master Yü Huang, a traditional Taoist source, to reinstitute an ancient initiatory system which makes use of these vessels.

## What are the goals of this system?

There are three primary goals of this initiatory system:

- (1) profound harmonization of body, mind, and spirit
- (2) compassion for all sentient beings
- (3) oneness and “reciprocity” with nature.

Reciprocity refers to fully developing one’s ability to draw on the energies of nature for personal and spiritual evolution as well as fully developing one’s abilities to send beneficial energies to nature. This system contains a number of remarkable initiations for reciprocity which have become lost, even within the Taoist tradition.

## Examples of initiations

Here are some of the initiations in the first level of the Miraculous Vessels:

1. Using the Miraculous Vessels to significantly increase the amount of energy that your subtle bodies can hold. Despite the fact that I have received literally hundreds of initiations

from traditions all over the world, this initiation created a huge expansion in my energy field.

2. Magnifying the power of your tantien centers through aligning them with the corresponding centers in planet earth (in Taoism these three centers are considered the most important and are located in the areas of the brow, the middle of the chest, and the lower abdomen).
3. A meditation shakti which is released by focusing on the lower tantien and which is unusually effective in integrating the etheric, emotional and mental bodies. When you use this shakti, you feel as though you were meditating with your whole body and not just your mind.
4. The “Elixir of the Gods” initiation for an inner elixir which tonifies the etheric body and in many people fosters a “golden glow” and sense of well being (the etheric body interpenetrates and vitalizes the physical body).
5. The “Rainbow Mind™” initiation, which leads to profound serenity, crystal clarity of mind, and dramatically increased control of personal chi.
6. The “Temple of the Sun” initiation, which greatly magnifies the spiritual powers of all the glands. All esoteric traditions emphasize the importance for spiritual evolution of developing the glands—this development can also significantly affect us on the physical, emotional and mental levels. (The Tibetan master Djwhal Kuhl indicates that as your glands are, so are you.) Unfortunately, many modern systems neglect the glands.

## Who should take this course?

As our discussion so far would indicate, there is a significant resemblance between the philosophy and practices of the “Miraculous Vessels” system and those of Taoism. However, we want to emphasize that it is not actually a Taoist system, but rather comes from ancient knowledge which preceded Taoism and which in part led to the birth of Taoism. We also emphasize that this course should be considered by anyone with an interest in personal or spiritual development, not just by those interested in Taoism. Indeed, one of the reasons the channels known as the “Miraculous Vessels” are so extraordinary is that their development facilitates the energy work associated with many other traditions. These channels can particularly facilitate Kabbalistic energy work and ancient Egyptian energy work.

*by Irving Feurst, founder and director*

## The Miraculous Vessels: Levels I - V, \$105 - \$305

*“I feel very privileged ... Few people in the world today have the opportunity to experience these energies and have them permanently available to themselves. It is a blessing.”*

- Bob Winn, Albany

# Class Schedule

## New Workshops by Irving Feurst (Distant Only)

### Distant Transmission at 2 pm CA time (or any time thereafter)

New Workshops are distant transmissions given by the founder's Solar Angel at the Pacific Time below or can be taken any time afterward.\*\*

See the back page for descriptions and ordering information.

#### Mysteries of Nephthys #215\*\* \$80

Sunday, January 3 2 pm – 3 pm Distant Transmission

#### Empowering Your Nadi Strands with Sirian Energy, Level I\*\* \$80

Sunday, January 17 2 pm – 3 pm Distant Transmission

#### Transdimensionality Attunement, Level II\*\* \$80

Sunday, January 24 2 pm – 3 pm Distant Transmission

#### The Mysteries of Nephthys #216\*\* \$80

Sunday, February 7 2 pm – 3 pm Distant Transmission

#### White Light Etheric Brain Cleanse\*\* \$80

Sunday, February 21 2 pm – 3 pm Distant Transmission

#### Caduceus Force, Level II\*\* \$80

Sunday, February 28 2 pm – 3 pm Distant Transmission

#### The Mysteries of Nephthys #217\*\* \$80

Sunday, March 7 2 pm – 3 pm Distant Transmission

#### God Dwells in the Temple of Your Heart\*\* \$80

Sunday, March 21 2 pm – 3 pm Distant Transmission

#### The Mysteries of Color Meditation, Part 7: Violet\*\* \$80

Sunday, March 28 2 pm – 3 pm Distant Transmission

#### Mysteries of Nephthys #218\*\* \$80

Sunday, April 4 2 pm – 3 pm Distant Transmission

#### Christ Consciousness: Birthing Your Christ Body, Level XIX\*\* \$80

Sunday, April 18 2 pm – 4 pm Distant Transmission

## Workshops Taught by S.U.N. Teachers

### Huna Workshops (See page 7 for description)

#### Huna I \$105

Saturday, January 9 10 am – 4 pm Berkeley, CA Meridian

Saturday, January 9 10 am – 5 pm Phone Kathy Hilf

Saturday, January 9 12 pm – 4:30 pm Zoom/Phone L. Metzger

Sunday, January 10 10 am – 4 pm Reno, NV/Distant K. Rector

Saturday, April 10 12 pm – 4:30 pm Zoom/Phone L. Metzger

#### Huna II \$155

Saturday, February 13 10 am – 4 pm Berkeley, CA Meridian

Sunday, February 21 10 am – 4 pm Reno, NV/Distant K. Rector

#### Huna III \$205

Friday, March 26 10 am – 4 pm Berkeley, CA Meridian

Sunday, March 28 10 am – 4 pm Reno, NV/Distant K. Rector

### Drisana Workshops (see page 9 for description)

#### Drisana I \$355

Fri/Sat, January 15/16 10 am – 4 pm Berkeley, CA Meridian

Fri/Sat, January 22/23 10 am – 5 pm Phone Kathy Hilf

Sat/Sun, January 23/24 10 am – 4 pm Reno, NV/Distant K. Rector

Sat/Sun, February 20/21 12 pm – 5 pm Zoom/Phone L. Metzger

#### Drisana II \$255

Saturday, February 20 10 am – 5 pm Berkeley, CA Meridian

Sunday, March 14 10 am – 4 pm Reno, NV/Distant K. Rector

#### Drisana III \$355

Sunday, April 4 10 am – 4 pm Reno, NV/Distant K. Rector

Saturday, March 20 10 am – 5 pm Berkeley, CA Meridian

**Drisana VIII\*\* \$605** (prerequisite – Drisana VII, Instructor's consent) By appointment, Founder/Director of S.U.N.

### Neriya Workshops

#### Neriya I\* \$405 (prerequisite - Drisana III)

Saturday, February 6 10 am – 5 pm Phone Kathy Hilf

Saturday, April 10 11 am – 5 pm Berkeley, CA Meridian

### The Miraculous Vessels Workshops (description, page 10)

#### The Miraculous Vessels, Level I \$105

Saturday, January 23 11 am – 4 pm Berkeley, CA Meridian

Sunday, February 7 10 am – 4 pm Reno, NV/Distant K. Rector

Saturday, February 13 10 am – 5 pm Phone Kathy Hilf

Saturday, March 13 12 pm – 4 pm Zoom/Phone L. Metzger

#### The Miraculous Vessels, Level II \$155

Saturday, February 27 11 am – 4 pm Berkeley, CA Meridian

Sunday, March 21 10 am – 4 pm Reno, NV/Distant K. Rector

#### The Miraculous Vessels, Level III \$205

Saturday, April 17 11 am – 4 pm Berkeley, CA Meridian

**Polaris DNA Transformation** ☼ \$180 (Prerequisite – Miraculous Vessels V & Instructor's consent. Schedule transmission with Irving Feurst, or S.U.N. teachers with a ☼ in the Teacher Directory.)

**Polaris Logos Initiation\*\* \$280** (Prerequisite – Miraculous Vessels V & Instructor's consent. Schedule transmission with Irving Feurst, Founder and Director of S.U.N.)

### The World of Angels (see page 14 for description)

#### Working with the Angel of Power and Integrity\* \$65

Saturday, March 20 12 pm – 2:30 pm Zoom/Phone L. Metzger

#### Working with the Angel of Unconditional Love and Freedom\* \$65

Saturday, February 13 12 pm – 2:30 pm Zoom/Phone L. Metzger

Saturday, February 20 11 am – 4 pm Phone Kathy Hilf

#### Working with Your Guardian Angel for Guidance and Protection \$65

Saturday, February 27 11 am – 4 pm Phone Kathy Hilf

Saturday, April 17 12 pm – 3 pm Zoom/Phone L. Metzger

#### Angelic Opening and Shielding of the Brow Chakra, Level I\* \$80

Sunday, January 10 6 pm – 7:30 pm Zoom/Phone L. Metzger

Saturday, March 6 12 pm – 2 pm Phone Kathy Hilf

#### Angelic Opening and Shielding of the Heart Chakra, Level I\* \$80

Saturday, March 13 12 pm – 2 pm Phone Kathy Hilf

### Other Workshops (See pages 18 and 19 for descriptions)

#### Awakening Your Pineal Gland, Level I \$80

Tuesday, February 16 6 pm – 7:30 pm Zoom/Phone L. Metzger

#### Crystal Empowerment Workshop \$55

Saturday, January 16 12 pm – 3:30 pm Zoom/Phone L. Metzger

#### Empowering the Lord's Prayer\* \$80

Saturday, March 20 12 pm – 2 pm Phone Kathy Hilf

#### The Essene Dove \$155

Sunday, January 17 10 am – 4 pm Reno, NV/Distant K. Rector

Saturday, March 6 12 pm – 2:30 pm Zoom/Phone L. Metzger

#### The Meridian Flush \$80

Thursday, January 14 6 pm – 7:30 pm Zoom/Phone L. Metzger

## Class Schedule *(continued from page 11)*

### Kundalini Water \$45

Saturday, March 20 4 pm – 5:30 pm Zoom/Phone L. Metzger

### Moving Towards Freedom \$105

Saturday, February 6 11 am – 1 pm Berkeley, CA Meridian  
 Sunday, April 11 5 pm – 6 pm Zoom/Phone L. Metzger

### The Nectar of the Sphinx \$80

Saturday, January 30 10 am – 1 pm Berkeley, CA Meridian  
 Friday, February 12 10 am – 1 pm Berkeley, CA Meridian  
 Saturday, February 13 4 pm – 5 pm Zoom/Phone L. Metzger  
 Saturday, March 13 10 am – 1 pm Berkeley, CA Meridian  
 Saturday, April 24 10 am – 1 pm Berkeley, CA Meridian

### Phoenix Rising I \$80

Saturday, April 10 11 am – 5 pm Phone Kathy Hilf

### Twelve Ray Energy System\* \$405

Saturday, April 17 11 am – 5 pm Phone Kathy Hilf

### Working with Planetary Triangles, Level I \$80

Saturday, April 17 4 pm – 6:30 pm Zoom/Phone L. Metzger  
 Saturday, April 24 11 am – 5 pm Phone Kathy Hilf

### Working with the Archangel Raphael, Level I\*\*

Because this course forms an especially strong connection between you and the Archangel Raphael, it will benefit you even if you have already worked together. Archangel Raphael is important in Judaism, Christianity and Islam. Raphael is particularly associated with healing. He is entrusted with the physical well-being of the earth and its inhabitants. He is also associated with the sun, which makes him a very appropriate angel for members of the S.U.N. community to work with.

Through the special connection this course forges between you and Raphael, you can request healing and, *if it is in divine order*, it can be fulfilled. Healing is not something S.U.N. includes in courses, but this course has major initiations for love, light, and joy that could indirectly affect your health. Your own love, light and joy are increased; you get increased sensitivity to those qualities in others and more. Like all of S.U.N.'s archangel courses, this is especially useful, and also opens up the opportunity for you to have some uniquely beautiful experiences. Find it **and Level II** of the class in [spiritunfold.com/distantenergywork.htm](http://spiritunfold.com/distantenergywork.htm).

### Transdimensionality Attunement, Level I\*\*

Developing the ability to access the transdimensional state is one of the two foundations of the S.U.N. Teacher Training program, the other is achieving personality-soul fusion. Thanks to the development of a new methodology by T.K., the Tibetan master responsible for the existence of S.U.N., an autonomous (self-activating) transdimensionality attunement similar to that given to S.U.N. teachers is available to the general public.

The transdimensional state is one in which the mind goes outside of all dimensions of reality, including space and time. From this state, the mind can easily enter any dimension of reality, enabling you to have unusual, fulfilling, and, most importantly, spiritually growthful experiences in different dimensions. Being able to easily enter the transdimensional state is like a "spiritual lubricant", because each dimension has a different ray/subray structure, and by learning to navigate that dimension, you facilitate your ability to integrate those rays and subrays into your subtle bodies and work with them.

Our minds sometimes naturally enter the transdimensional state during meditation and while dreaming. Many will find that after receiving this initiation, their ability to meditate improves. Many will also experience an increase of growthful dreams, including dreams in which they experience soul clairvoyance. Find it in [spiritunfold.com/distantenergywork.htm](http://spiritunfold.com/distantenergywork.htm).

**To Order:** By credit card, go to [spiritunfold.com](http://spiritunfold.com) or send your contact information, phone, postal and email addresses with a U.S. check for the class amount to: S.U.N., P.O. Box 5900, Hercules, CA 94547 U.S.A.

## S.U.N. Teacher Directory

The following is a complete list of all certified S.U.N. teachers. They have all had a minimum of a year of intense private and in-class training with Irving Feurst, the founder and director of S.U.N. They are among the most accomplished energy workers anywhere!

Irving Feurst**☼ Founder/Director (Hercules, CA).....	510 245-3737
Mary Broyles (Half Mn Bay, CA) .....	650 726-9758
Gil Chasin* (LA, SD, SB, OC, CA) .....	949 338-9987
Carlotta Christy (Charlestown, RI).....	401-602-0812
Christine Clements*☼ (Berkeley, CA).....	email
Chris Deefholts (Welshpool, Wales).....	01 938 580108
Ira Hilf*☼(Las Vegas, NV) .....	702-750-9020
Katharine Hilf* ☼ (Las Vegas, NV) .....	702-750-9020
Marie Larson.....	(No number)
Anni Law*☼(Petaluma, CA).....	707 888-6887
Petya Lowe* (Tokyo, Japan).....	+81 (0)9066074968
John Masters (Haiku, Hawaii) .....	808 878-8275
Jeanne McGinnis* (Vallejo, CA).....	707 563-7238
Meridian* (Berkeley, CA) .....	510 526-8571
Loretta Metzger*☼ (Walnut Creek, CA).....	925 954-7908
Michael Quirke* (San Francisco, CA).....	415 820-3943
Keith Rector* ☼ (Reno, NV) .....	831 479-3296
Marcie Rose (Marin/L.A., CA).....	831 297-0320
Gabriel Sakakeeny (Nevada City, CA) .....	707 484-5448
Margo Shimasaki (Humboldt Cnty, CA) .....	707 826-7356
Shoadire (Brooklyn, NY).....	718 856-5425
Jean Sibley* (Capitola, Berkeley, CA) .....	831 419-1909
Carol Singler*☼ (Occidental, CA).....	707 874-3995
Philmore Steele* (San Francisco, CA) .....	415 339-8309
Hari Tahlil* (Tokyo, Japan) .....	+81 (0)80 5069 1714
Rose Tait (V. Turnovo, Bulgaria).....	00 359 8866 85296
Fran Tielemans* (Belgium) .....	322051 697571
A. S. Tynan (Petaluma, CA) .....	707 696-4408
Judith Tripp (Marin, CA) .....	415 552-4546
Jenny Turner* (Lond., Sury., U.K.) .....	02087 718635
Gabriel Waldevus (Menlo Pk, CA).....	(No number)
Susie Wasserman* (Milwaukee, WI).....	414 961-0649
Ursula Weltman*☼ (Minneapolis, MN).....	612 788-6348
Les/Marie Wong (So. S.F., CA) .....	650 952-8719
Anand Yogendra (Tucson, AZ) .....	520 577-1114
Laura Zealey*☼ (Cambridge, UK) .....	44 01223 833037
Kim Carson (Teaches Huna only).....	(No number)

*\*Teachers whose names are followed by an asterisk are certified to teach courses marked \*, as well as the unmarked courses. Teachers' names followed by a ☼ teach courses so marked in addition. Courses marked with \*\* are taught only by Irving Feurst.*

## Live Workshop Registration

1. Contact the teacher indicated. Phone numbers are listed to the right.
2. Send a deposit (either \$50 or half the workshop cost, whichever is less).
3. It is at the discretion of the individual teacher whether to accept last-minute reservations. Without a deposit you risk the course being either too full or canceled.
4. If you write a check, make it payable to the teacher of your class.



*\* See list above for teachers certified to teach this course.*

# Newly Enhanced: The Ankh of Transformation™

## Bringing to You the Benefits of Egyptian Energies and Christ Consciousness Together in One Energy Tool!

Working together, the angelic realm and Irving Feurst have made S.U.N.'s Ankh of Transformation far more powerful and it does many more things! Previously used mostly with Khu, the Egyptian Mystery School energy, it can now also be used to help you deeply develop Christ Consciousness and your Christ subtle body. (See new information Christ Consciousness courses on Page 15).

### About The Christ Consciousness Connection

Christ Consciousness and the associated Christ Subtle Body are the universal evolutionary heritage of humanity. They should not be seen as belonging to Christianity alone. Christ Consciousness is an interrelated complex of traits but at heart it is love of God, your fellow humans, the Earth and all her inhabitants as a result of continuous union with God.

The cross was used as a religious symbol in the ancient world before Christianity ever existed. The ancient Egyptian concepts of enlightenment and Christ Consciousness have key traits in common. One example, besides unconditional love, is balance between our masculine and feminine nature. Jesus was balanced. His unconditional love was more feminine; an example of his more masculine side is forcefully ejecting the money changers from the temple.

One symbolism of the ankh is balance between our masculine and feminine. The left half of the ankh represents the left half of our body and our inner feminine. The right half of the ankh corresponds to the right side of our body and our inner masculine. Appropriately, holding the ankh between your palms briefly balances you energetically left and right as well your inner feminine and masculine.

Most of us have shields that have formed over our heart and heart chakras due to life experiences. Over time, the Ankh supportively dissolves these barriers, enabling you to give and receive more love.



Hand-crafted 7/8 inch silver Ankh with amethyst stone & 24 inch sterling silver chain

### The Ankh Will

- Speed up the “Divinization of Matter”.
- Balance your energy flow, left and right plus inner feminine and masculine.
- Supportively dissolve shields around your heart and heart chakra enriching your relationships with others, God, spiritual guides and nature.
- Facilitate experiencing universal, unconditional love.
- Bring the energies of the soul and the I Am presence (monad) deeply into your body, cells, and DNA.
- Clear negative emotional and mental energies from your aura, cells, and DNA.
- Clear negative energies from your food and water and raise their vibrational rate.
- Accelerate the evolution of your chakra system.
- Enable you to do a Christ Consciousness meditation that becomes more powerful the more you do it.
- Become a little more transformed every time you receive a Monday Christ Consciousness transmission (see page 17). As you grow, each of the Ankh’s powers increases.

**To order by credit card:** Go to [www.spiritunfold.com/energyproducts.htm](http://www.spiritunfold.com/energyproducts.htm) or send your contact information (phone, postal and email addresses) with a U.S. check payable to S.U.N., to: S.U.N., P.O. Box 5900, Hercules, CA 94547 U.S.A. (CA price includes tax and shipping: CA \$63/Non-CA \$58/Int'l \$68)

## New Distant Workshops *(more on page 20)*

### Caduceus Force, Level II\*\* \$80 Sunday, February 28, 2-3 pm

Although knowledge of the Caduceus Force has been essentially lost in modern times, it is one of the most important energies helping humanity to evolve. This autonomous empowerment with an activatable option facilitates evolution at all levels — from the cell to the individual to society. It works hand in hand with kundalini and has often been mistaken for kundalini. There are two primary differences between the Caduceus Force and kundalini: (1) The Caduceus Force works with all life forms, whereas kundalini works only with human beings. The Caduceus Force is active in all human beings at a baseline level, however it must be worked with consciously if its activity level is to rise above that baseline. (2) Kundalini works more at the macroscopic level and the Caduceus Force works more at the cellular level. One important effect of taking this course level is that the Caduceus Force will autonomously begin working with your DNA and its spiritual properties. Another important effect is that, after taking this course, there are things you can do to raise the activity level of the Caduceus Force. These things constitute the “activatable option” and are practices which result in more awareness of your soul, more personality-soul fusion, or bringing in more soul energy. An excellent example of such a practice is triangulation style channel building. If you have taken the Enochian series and have learned the Enochian style of channel building, you may find it too combines well with Level II of the Caduceus Force. *Level I (Enhanced Classic) and 30 days’ wait are prerequisites.*

### God Dwells in the Temple of Your Heart\*\* \$80 Sunday, March 21, 2-3 pm

This autonomous initiation enables you to have the experience mentioned in the course’s title and to have it in a profound, deep and life-changing way. There is no

*For ordering information see page 20*

*\*\*Taught only by Irving Feurst*

guarantee, however, as to how long it will take to have such a profound experience. We should also note that the exact way it manifests varies by individual. For example, which of God’s properties (love, will, omniscience, etc.) is emphasized differs, depending on who is receiving the initiation.

Now, I will give you an idea of how widespread this experience is, through comments of some well-known spiritual figures. Rumi, the great Sufi poet and mystic, describes how he searched for God among different religions, in different lands and temples, but “I found Him not... Finally, I looked into my own heart and there I saw Him; He was nowhere else.” Rumi can say he did not find God in the temples of different great spiritual traditions, but did find Him (I would say Him/Her) in his own heart because he was a mystic, and it is really mystics and religions which are mystically oriented (or have a mystic subtradition) that talk about such experiences. A good example of such a religion is Hinduism. Paramahansa Yogandanda, a famous yogi and guru in Hinduism, writes “The yogi learns to find God in the cave of his heart. Wherever he goes, he carries with him the blissful consciousness of God’s Presence... Everyone can be a yogi, right where he is now.” In the class handout I will summarize the story of how I came to have my first extremely blissful experience of discovering that God dwelled within my own heart. I am particularly pleased to offer the S.U.N. community this very powerful, beautiful initiation (which was designed by T.K.), given the role Gurumayi’s initiation played in my own life.

Again, I want to caution that the results of an initiation this profound will likely, for most people, take a while to completely manifest. However, even though the exact ways and time it takes to manifest vary, it will manifest. If you have not had an experience of the type described above, you will have such an experience. If you have had such an experience, you will most likely have it in a deeper way.

# The World of Angels

**Angels are real.** Working with them opens a realm of possibilities that cannot be accessed in any other way. Angels can help you to achieve your life purpose, feel more alive, open your heart, live your dreams and understand Life more fully than you ever imagined. To work deeply with angels you must understand their true nature and purpose; you need to see through the many myths that exist in the popular literature.

What are angels? First of all, angels are not dead people with wings! They are a separate class of spiritual beings. The word “angel” comes from a Greek word meaning “messenger” and that is exactly what they are—emissaries from the realm of the Divine. As such their primary purpose is to help us in our personal and (particularly) spiritual evolution. Angels are not here just to make our life more comfortable—they are not cosmic vending machines! On the other hand, most traditional ways of thinking about angels fail to understand the many down to earth ways that angels will help us.

How do angels accomplish their work? Angels expect you to do some of the work; they will work with you but not for you. Angels have the power to affect events in the external world but their preference is to help you change yourself. For example, an angel can help you work through internal blocks to prosperity or inspire you to create new life circumstances.

Angels help you primarily in two ways: by sending you information and by doing very advanced energy work with you. In doing energy work, an angel will use what is called a shakti, an energy that is the carrier of divine intelligence. For more information about what a shakti is, see the article on the front page. Anyone can receive help from angels but you will get the most benefit if you either can tune in directly to the information or are sensitive to subtle energy. (See the “Take this Test” box on page 15).

How do you attract angels into your life? One does not attract angels into one’s life by using “magical” words or symbols, by wearing certain color clothes, etc. Angels are spiritual beings. If it is appropriate for an angel to work with you, all you have to do is ask.

So what determines appropriateness? The complete answer to that question, like other questions about the divine plan, is one of life’s mysteries. But certain things are clear. You must be sincere. Angels will not help you to accomplish things which will harm yourself or others. You must also be emotionally and spiritually mature enough to benefit from the angel’s help.

While it is not a requirement that you read a book or go to a class, taking a class can help you get the most out of your relationship with the angel. Also, certain kinds of work do require being initiated by another person. One reason for this is that grounding the energies of certain initiations in a human energy field requires the freely given cooperation of a teacher, such as a S.U.N. teacher, who has been trained in very specific star tetrahedron techniques.

Why take a S.U.N. angel workshop? Although there are many excellent angel workshops, S.U.N. angel workshops are not quite like any others. To begin with, they are designed to benefit everyone from those who aren’t yet sure that angels even exist to those who have worked with angels for many years. Although anyone can take our workshops, you will benefit the most if you either can tune in directly to the information the angels send you or you can feel subtle energy. (See the “Take this Test” box on page 15.) Certainly there is information in our angel workshops, but the most important part of the workshops are the initiations you receive. Different initiations do different things, including permanently transforming your energy body so that the angels can do deeper work on you and giving you energetic tools from the angels that you can use in an ongoing way to work on yourself or others. The initiations that you receive in S.U.N. workshops are among the most powerful available. Even people who themselves teach angel workshops have been astonished at how transformative our workshops are!

## S.U.N. Angel Workshops, \$65 each:

### WORKING WITH YOUR GUARDIAN ANGEL FOR GUIDANCE &

**PROTECTION:** Learning to work closely with your guardian angel is one of the most important and life-changing steps you can take. This workshop contains specific information useful to everyone, from those who aren’t convinced yet they have a guardian angel to those who are already expert at this kind of work and are ready to learn methods previously available only in certain mystery schools.

**WORKING WITH THE ANGEL OF ABUNDANCE:** “Abundance” refers to all forms of abundance, not only to financial abundance. In this life-changing course, receive attunements designed by the angel to become more abundant, to increase your ability to communicate with and receive energy from this angel, and enable you to benefit more from an ongoing relationship with the angel.

**WORKING WITH THE ANGEL OF CREATIVE WISDOM:** This angel can help you manifest higher mind in your life in a very practical, creative way. It can increase your ability to work with any other guides. Its ultimate goal is to enable you to embody Higher Mind as a natural, spontaneous overflowing of the Godhead.

**WORKING WITH THE ANGEL OF POWER & INTEGRITY:** The true source of our power (power “to” not power “over”) and integrity is the Divine. Greater access to this source is blocked by the ego, which taps in only partially and tries to convince us it is the originator. The solution is not to “destroy” the ego but to make it more transparent, to see through it and to let in more light. In this workshop you will begin a 7-day Dissolution of the Persona Initiation and a 21-day Transformation of the Ego Initiation, which come from and will be overseen by the angel.

### WORKING WITH THE ANGEL OF UNCONDITIONAL LOVE &

**FREEDOM:** Permanently transform the ability of your heart to give and receive love with personalized energy work and ancient mystery school initiations from this extraordinarily beautiful and powerful angel.

## The World of Angels Take this Test

Our workshops are designed to be of benefit to anyone, but to see if you are one of those who will get the most from them (or if the angels are advising you to do one), take this simple test. Many of the very powerful angels S.U.N. works with have agreed to help anyone who sincerely does this.

1. Take five minutes to prepare yourself for the steps below. Relax. Examine your motives for working with angels. Release any preconceptions you have about working with angels. Be open to new experiences!
2. Ask the angel to take five minutes to introduce itself to you and to reveal itself to you in whatever way is most appropriate for you. Don't expect the angel to materialize in the room; this seldom happens. Instead the angel may send you a mental image. The image need not look like a traditional angel; it could take whatever form is right for you. Or you may sense the energy field of the angel. Or just feel a presence, perhaps in your heart. The angel may send you information, but leave it up to the angel to decide if this is best.
3. Ask the angel to do five minutes of whatever energy work is most appropriate. Let the angel decide what is best.

If you have a significant experience in either step 2 or step 3, you are particularly likely to benefit from a S.U.N. work-shop. If you're not sure what to make of the results, contact your nearest S.U.N. teacher with your questions.

## Christ Consciousness: Birthing Your Christ Body, Level I

**This is one of the most important courses S.U.N. has offered.**

Christ Consciousness and the associated Christ subtle body are the universal evolutionary heritage of humanity. They should not be seen as belonging to Christianity alone or indeed any particular belief system.

You receive energy work which begins the process of forming your Christ body (or greatly accelerates that process if it has already begun for you). After that, your Christ body will continue to grow through channel building, spiritually oriented meditation, experiencing love, service to make the world a better place, etc.

This initiation includes the "mystic marriage" between the pituitary and pineal. The womb of the Christ body is the third ventricle of the brain. During the initiation, the third ventricle overflows with light which spreads to the central channel beginning the transformation of your etheric body starting with your chakras and eventually spreading to your cells and DNA. You will experience the world as if through the eyes and heart of God.

This course is part of a S.U.N. series including "Christ Consciousness: Birthing Your Christ Body, Level I", "Christ Consciousness: Experiencing Your Christ Self", and from "Christ Consciousness: Birthing Your Christ Body, Level II", through Level XIX".

**To Order:** By credit card, go to [www.spiritunfold.com/christconsciousness.htm](http://www.spiritunfold.com/christconsciousness.htm) or send your contact information, phone, postal and email addresses with a U.S. check for \$80 per person to: S.U.N., P.O. Box 5900, Hercules, CA 94547 U.S.A.

## A Series of Distant Lessons Available: The Mysteries of Nephthys™

In the Egyptian pantheon, Nephthys is the sister of Isis. She has been called "The Hidden One," "Goddess of Sleep," and the "Lady of the Mansion." She is associated with emotions, the deep waters of the unconscious, the shadow and with sacred geometry.



This comprehensive system of 200-plus lessons is available as a distant course and may be started at any time. The system will develop the hidden power and abilities of your chakras, help you learn to see the sacred in ordinary life, make full use of your dreams for personal and spiritual growth, and form or strengthen a new subtle body that accelerates personality/soul fusion. You will also receive energy initiations and information during your sleep that will quicken the time it takes to reach full enlightenment. Another emphasis will be the bringing in of Central Sun frequencies.

Take the first class to find out if the series is for you. There is no prerequisite to take the first class. Each level after that builds on all the previous ones. This sequence is compatible with any other S.U.N. energy work you may be doing, including Khu, The Egyptian Mystery School.

The Egyptian Mystery School sequences are, in my opinion, some of the most potent and unusual energy work in the world today.

*by Irving Feurst*

### To order the Mysteries of Nephthys at a Distance

You can receive the attunements and a handout by mail or email (not an audio class). An enrollment form is required.

**Order online:** Please complete the enrollment form and pay with a credit card at [www.spiritunfold.com](http://www.spiritunfold.com).

**Order by mail:** Please write S.U.N. to request the enrollment form, enclosing an \$80.00 check made out to S.U.N. with your name, address, email, and telephone number:

S.U.N.  
P.O. Box 5900  
Hercules, CA 94547 U.S.A.

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Contact us at: [info@spiritunfold.com](mailto:info@spiritunfold.com)  
In subject line put:  
"Add me to Constant Contact"

# The Essene Dove™

## What is the Essene Dove?

For the universe to exist as a unified whole, there must be an energy that ties together all of its many parts. The Dove is the energy that interconnects all levels of reality. Through meditation the Essenes tuned in to this energy and learned how to direct it. In the way that a dove can hover over its nest and yet return to it at any time, the Dove energy can empower your consciousness to easily travel to any level of reality and then return to everyday life. Because the Dove interconnects all levels of reality, it can be used to unify your human and divine natures. There are many forms of Dove energy in the Western Mystery School tradition; the Essene Dove is the most pure and potent form of this beautiful and life-transforming energy. The Essene Dove activates your full potential as a divine being, a being created in the image of God.



- The Dove creates a new subtle body (called by the Essenes “the ark of light”). When you are meditating or dreaming, this subtle body can travel to “celestial academies” where you can receive profound energy initiations. This kind of travel is both safer and more transformative than astral body travel.
- The Dove energy helps you see beyond the confines of space, time and matter. Some say it was the secret empowering a number of the biblical prophets. Some people find the Dove dramatically increases their clairvoyant ability. Those with merkaba initiations may experience them more powerfully.
- The energy of the Essene Dove helps you develop many desirable qualities and particularly fosters deep serenity, courage, and joy.
- The Dove strengthens your connection to your Higher Mind. This gives you a higher form of knowing that proceeds directly from your divine identity, and from being inextricably intertwined with all that is.
- The Dove helps you understand the inner working of the universe and of your role in it. It enables you to experience your soul purpose as a living reality and to know the exact details of how to implement it.
- The Dove brings lightening like flashes of energy into the chakras, dramatically accelerating their evolution. Clairaudients can hear a hum in the chakras much like that of a powerful engine.

*by Irving Feurst, Founder and Director*

## The Essene Dove, \$155

*“The seven people at our Reiki get-together tuned in to your weekly transmission last Sunday night, and we all had sensations, images, (e.g., a white Pegasus) or messages (‘Be like a mountain. Quit moving around and put down roots.’). We were grateful for your transmission and will tune in again.”*

– Donna MacMillan

## How Can the Dove Help You?

The Essene Dove can bring you many different gifts. It works in conjunction with your own higher self to determine which it will bring you. Here are some commonly experienced benefits:

- The Essene Dove can give you dramatic feelings of awakening to your true identity of being one with God. The Dove can help you to experience God as a living presence, radiating love from every point of the universe.
- The Dove empowers your consciousness to easily travel to many realms including the higher spiritual planes and other dimensions. The Dove can move you in an instant from being aware of your body to being aware of the whole earth and even our galaxy. You could also travel instantly to smaller levels, becoming aware of your cells and your DNA.

### ESSENE DOVE AMPLIFICATIONS

Once you have taken the Essene Dove class you can receive this energy work every Monday.

Send the application in the class handout with \$15 per month to the following address. Make your check payable to “S.U.N.”

Spiritual Unfoldment Network  
P.O. Box 5900  
Hercules, CA 94547 U.S.A.

## Receive Our FREE Sunday Transmissions at Home

**Sunday Mornings 9:00 to 9:15 a.m. your local time**

**Sunday Evenings 9:00 to 9:15 p.m. your local time**

Just as physical energies (such as radio waves) can be transmitted over a distance, so can subtle energies. Every Sunday all the S.U.N. teachers do a group transmission of hundreds of different energies. You can receive these energies just by “tuning in,” i.e., by wanting to and being aware. Because the energies can be transmitted on a “time delay basis,” you can do this according to your local time as described in the box above. It is not necessary to be in any special state of consciousness, though it does help to get into your quiet, inner space or to be in a meditative state.

Because we are transmitting hundreds of energies and because you can only absorb so much energy at one time, **it is very important that you ask your higher self to select the energies that are best for you.**

There are two purposes for this transmission. It is part of our philosophy of providing ongoing support (for those who wish it) to people who have taken our workshops. It is also a way to introduce our work to those who aren't yet familiar with it. If you are among the latter and enjoy the energies, we invite you to come to a free talk or sign up for a workshop.

## Receive Our FREE Monday Christ Consciousness Transmissions at Home

**Monday Mornings 9:00 to 9:30 a.m. your local time**

**Monday Evenings 9:00 to 9:30 p.m. your local time**

In addition to the weekly Sunday transmissions described above, which come from all S.U.N. teachers, there are new weekly Monday transmissions, which come just from Irving Feurst, the S.U.N. network founder and director, together with his solar angel. The purpose is to give you a flavor of what the full state of Christ Consciousness is. This state is your natural birthright and not associated with any particular religion. It can take years to fully achieve Christ Consciousness so we suggest you tune in regularly and you are invited to take Irving's new Christ Consciousness series. If tuning in, try it weekly for 3-6 months and notice any changes. To receive the free transmissions, just tune in. These transmissions are also intended as ongoing support for those who have taken S.U.N. Christ Consciousness courses. The first in the course series is Christ Consciousness: Birthing Your Christ Body, Level 1. *For more information see page 15 of this newsletter.*

*“I feel very lucky to have encountered this work. I have changed so much—not just in my vibrational rate—but my personality has changed too, in leaps and bounds. At times, I am changing so much I can actually feel it and notice the changes. I can't imagine life without energy work.”*

– M.E.M., Science Educator, Berkeley

### S.U.N. Disclaimers

1. S.U.N. makes no medical claims for any of our work. Although historically one of the reasons people have worked with shakti is because of a belief some energies can heal, S.U.N. makes no medical claims. No statement made by S.U.N. materials, teachers or students should be interpreted as making or implying a medical claim, in whole or in part.

When we use the word “heal” we do so in a spiritual sense, not a medical sense – even if we do not state so explicitly for every single use. The words “heal” and “whole” come from the same Old English root. To be healed spiritually with respect to an issue is to become whole with respect to that issue. For example, it may involve not a cure but being at peace with the fact that there is no cure.

If you have a medical condition, please seek the advice of a licensed health practitioner. In no case should S.U.N. practices or statements made by S.U.N. materials, teachers or students contribute to the delay or omission of appropriate medical treatment.

2. S.U.N. prides itself on making available energies that are not only extraordinarily effective but also extraordinarily safe. However, we do not assume responsibility for the effects of any S.U.N. initiations or any practices coming from S.U.N. materials, teachers or students.

It is S.U.N. policy that the above statements be presented in each issue of our newsletter, at the front of materials for each class, at all S.U.N. talks and demonstrations, and at the beginning of individual work with any S.U.N. teacher.

It will be assumed that anyone participating in a class or individual work is familiar with and accepts these statements.

# Other Workshops

## Angelic Opening & Shielding of the Base Chakra, Levels I\* & II\* \$80

This initiation from the angelic kingdom results in a truly profound opening of the base chakra. A common problem with getting the base chakra open is that it closes down again as soon as we encounter the stresses of daily living. This initiation also places a shield around the base chakra that protects you from negative influences in your environment. A remarkable property of the shield is that, rather than causing you to feel separate from your environment, it actually helps you feel more connected to life. In this series, Level I courses are prerequisite for the Level II classes.

## Angelic Opening & Shielding of the Brow Chakra, Levels I\* & II\* \$80

Same course content as “Angelic Opening and Shielding of the Base Chakra” (above), but for opening the brow chakra.

## Angelic Opening & Shielding of the Crown Chakra, Levels I\* & II\* \$80

Same course content as “Angelic Opening and Shielding of the Base Chakra” (above), but for opening the crown chakra.

## Angelic Opening & Shielding of the Heart Chakra, Levels I\* & II\* \$80

Same course content as “Angelic Opening and Shielding of the Base Chakra” (above), but for opening the heart chakra.

## Angelic Opening & Shielding of the Second Chakra, Levels I\* & II\* \$80

Same course content as “Angelic Opening and Shielding of the Base Chakra” (above), but for opening the second chakra.

## Angelic Opening & Shielding of the Solar Plexus Chakra, Levels I\* & II\* \$80

Same course content as “Angelic Opening and Shielding of the Base Chakra” (above), but for opening the solar plexus chakra.

## Angelic Opening & Shielding of the Throat Chakra, Levels I\* & II\* \$80

Same course content as “Angelic Opening and Shielding of the Base Chakra” (above), but for opening the throat chakra.

## Awakening Your Pineal Gland, Levels I\* & II\* \$80

Your pineal gland has many key metaphysical and spiritual functions—including clairvoyance, linking you to your Higher Self, and accessing advanced states of consciousness. This initiation uses a beautiful golden energy to permanently heighten functioning of your pineal. **Level I is a prerequisite for Level II.**

### WANT A WORKSHOP THAT'S NOT LISTED NEAR YOU?

Call your nearest teacher to arrange the workshop you want. Most teach distant classes. See the S.U.N. Teacher Directory on page 12. Emails are listed on our website at [spiritunfold.com](http://spiritunfold.com).

## The Bliss of Osiris, Level I \$255

This ancient Egyptian initiation empowers you to access a wondrous, beautiful energy, leading to the highest meditative absorption in God. It is more balanced than most Eastern energies used for this purpose and it grounds divine bliss throughout the body, leading to states of vibrant, sensual aliveness.

## The Bliss of Osiris, Level II\* \$355

The Bliss of Osiris, Level II initiation makes all applications of the previous initiation significantly more powerful. It gives you specific techniques for using The Bliss of Osiris as tantric sex shakti and as a dream shakti, facilitating lucid dreaming and enabling you to access profoundly beautiful and enlightening energies while asleep. **Level I is a prerequisite for Bliss of Osiris II.**

## Building Your Antahkarana\* \$80

The antahkarana is the link between your personality and your higher self; it is composed of matter from the higher mental planes. Anyone who has engaged in any spiritual practices has worked at building their antahkarana, whether they realized it or not. However, you can only go so far in your spiritual evolution without working at this consciously. This course contains attunements for strengthening the antahkarana and specific procedures hidden “between the lines” in the Bailey writings.

## Crystal Empowerment Workshop \$55

To take this workshop, you need not have any previous experience working with crystals or gemstones, however it is essential that you be able to feel crystal energy. Through empowerments of your energy field, you will become able to magnify tenfold the energy field of a crystal or gemstone. You will have entirely new ways of: clearing and programming crystals, contacting your higher self, and making gem stone elixirs. **Please bring a singly terminated quartz crystal and several favorite gemstones.**

## Empowering the Lord's Prayer \$80

Many students of Eastern traditions are surprised to find that recitation of the Lord's Prayer brings in an energy every bit as powerful as the energies brought in by the mantras of those traditions. Jesus was heir to the Kabbalistic tradition of Jewish mysticism and the energy brought in by the Lord's Prayer is a beautiful variation of a classic Kabbalistic energy. It is not necessary for anyone to take this course in order to bring in the energy, however receiving the initiation multiplies the power of the energy manyfold (just as receiving the initiation for an Eastern mantra makes it “jagrata” or “awakened” and increases its power manyfold). Jesus gave this same initiation to his twelve disciples. It brings in an energy which opens the heart and brings one closer to God.

## Enhancing Energy Blessings from the Stars, Level I \$60

This course significantly increases the effectiveness of all the initiations in the book *Energy Blessings From The Stars*. Like the initiations in the book, the initiations in this course are autonomous (self-activating). *See page 8 for a description of the book. Prerequisite: You must have completed all the initiations in the book (which take about two months).* Level II is available from the S.U.N. office.

## Experiencing Your Heart's Desire \$55

Do you have a dream that you have never acted on? Have you ever worked hard to get something, only to realize that it wasn't what you really wanted after all? Are you undecided about what you want or the best way to get it? The initiations in this course significantly increase your ability to identify your innermost desires and to go after them.

# Other Workshops

## Kundalini Water \$45

This course empowers you to charge water with an energy that activates kundalini in a very powerful but completely safe way. The presence of the water balances the fire of the kundalini, preventing problems which often arise from kundalini. The water also enables the kundalini energy to be carried deeper into the structure of the cell than is typically the case.

## Mantra Angels \$65

In this course one of the great secrets of how mantras work will be revealed, namely the existence of mantra angels. These angels are now ready to systematically begin empowering mantras in a deeper way than done previously. You will be introduced to how mantra angels work and receive empowerments for three classical mantras: Om, Om Namah Shivaya, and Om Mani Padme Hum.

## The Meridian Flush, Levels I & II\* \$80

An activatable attunement (for yourself or others) that runs for 5 hours straight and does the most thorough job of clearing the meridians of anything we know. Level I is a prerequisite for Level II.

## Moving Towards Freedom \$105

A continuous transmission of a very unusual energy. One exposure to this energy results in a permanent 30% reduction in the strength of one's negative patterns. The energy works by reducing the strength of the impulses going from the etheric brain to the nervous system when the pattern becomes active.

## Nectar of the Sphinx \$80

This initiation from one of the three primary ancient Egyptian mystery schools enables you to send out from your heart chakra a "plum-like" nectar which spreads throughout the physical and subtle bodies, dispelling fear-based emotions and thoughts. In ancient times it was said that those who had this initiation, over time, became literally fearless.

## Neriya, Levels I – V\* \$405–\$605

Drisana is the most comprehensive energy system available to the public today. Neriya accelerates spiritual evolution more than any other system currently available. Drisana III is a Prerequisite.

## Phoenix Rising, Level I \$80

This mythical Egyptian bird has become a symbol of long life and even immortality. Although the bird itself is mythical, its esoteric reference is to an energy which is quite real. No, we're not promising you immortality! However, since ancient times there have been extraordinary stories of the rejuvenatory power of these energies. Clairvoyant observations and personal feedback convince us these stories are substantially true. If you take the workshop, you can decide for yourself!

## Phoenix Rising, Level II\* \$105

Strengthens all the attunements from Phoenix Rising I. Requires no new practices. *Level I is a prerequisite for Level II.*

## The Power and Mystery of Gayatri \$80

Called "the Sound of Light," the Gayatri mantra has for thousands of years been considered the most sacred of all mantras in Hinduism. In this workshop you will be initiated into an extraordinary system of total transformation based on the Gayatri mantra. Through S.U.N. this system is now being taught outside of India for the first time

## The Red Ankh, Levels I & II\* \$65

This is an ancient Egyptian initiation for developing spiritual clairvoyance. Compared to ordinary clairvoyance, fully developed spiritual clairvoyance allows you to see all the frequencies of subtle energy. Level I is a prerequisite for Level II.

## Releasing Past Life Karma\* \$80

Most work on releasing the influences of past lives focuses on the recall of dramatic events. In reality, what is most important is neither recall nor working with dramatic episodes but the energetic release of the samskara—a Sanskrit term meaning the limiting influences on our thoughts, feelings and actions built up through many past lives. This course gives you a comprehensive system for working with your samskara as they are ready to release.

## The Twelve Ray Energy System\* \$405

All energies are some combination of the twelve rays of creation. Usually the ray proportions are fixed. In this system the ray proportions can shift significantly and so it is one of the most unusual and useful energy systems you will ever experience! This system can be used to permanently increase the strength of any other subtle energy or subtle energy product.

## Working with Planetary Triangles, Level I \$80

The most effective way to tap into the energies of the planets is to work with them in groups of three (the groupings being determined by their esoteric ray alignments). In this workshop you will receive unusually potent initiations for bringing in and grounding the energies of ten planetary triangles—including those for manifestation, balancing male and female energy, realizing your soul purpose, releasing past life karma, and clairvoyance. You will also receive initiations for working with the angels associated with the planets. Level II is available from the S.U.N. office.

## Your Rainbow Heart \$55

An extraordinary energy system with activatable attunements for developing seven key qualities of heart: love, joy, compassion, courage, zest, faith and serenity. These beautiful, deeply fulfilling rainbow energies can be used for yourself or up to a roomful of others. The system comes from Tara, the Tibetan benefactress.

### About the Enhanced Classic Courses on CD

*"I have taken many classes. The initiations themselves, the background information about the structure of the Universe, and Irving's easy presence as teacher all impact strongly. It is not an exaggeration to say that every aspect of my life is enhanced and transformed."*

— Joanne Sultar

# New Distant Workshops

## from Irving's Solar Angel

Now sent distantly to wherever you are. Receive transmissions at Pacific Time listed or afterward. See instructions below.

### Empowering Your Nadi Strands with Sirian Energy, Level I\*\*

**\$80 Sunday, January 17, 2-3 pm**

In this sequence you receive an autonomous (self-activating) initiation which dramatically accelerates personal and particularly spiritual evolution, by deeply empowering your nadi strands and thus nadis with Sirian energy. (The nadis are channels or pathways within the subtle bodies that conduct subtle energy, analogous to the nerves of the physical body or wires in an electrical circuit. Each nadi has five strands.)

To continue the analogy, the strands are like five subwires or components, which together make up the wire. In each of the five levels of the course, Sirian energy empowers a different strand of the nadis. This energy penetrates both more deeply and with more effect than in other S.U.N. courses that work with Sirian energy. This initiation is so potent that some will experience noticeable vibrations in their physical body, either as they receive the initiation or as its energy integrates. Though the exact effects will vary by the individual, some likely common effects are: improved meditation, greater insight into your soul purpose, as well as your karma and how to work it out. Since Sirius is intimately associated with Christ Consciousness, it will accelerate your ability to access this state, or do so more deeply. This course sequence synergizes especially well with "Christ Consciousness: Birthing Your Christ Body". The time it takes for the effects to manifest varies by individual. However, in all cases, people will realize how profoundly transformational and beautiful this initiation is.

### Transdimensionality Initiation, Level II\*\* \$80 Sunday, January 24, 2-3 pm

This autonomous (self-activating) initiation's profound importance can be seen from the fact that developing the ability to access the transdimensional state is one of the two most fundamental foundations of the S.U.N. Teacher Training program, the other being achieving personality-soul fusion. Thanks to the development of a new methodology by T.K., the Tibetan master responsible for the existence of S.U.N., a second level of the transdimensionality attunement, analogous to that given to S.U.N. teachers, is now available to the general public. The transdimensional state is one in which the mind goes outside of all dimensions of reality, including space and time themselves. From the transdimensional state the mind can easily enter any dimension of reality. This enables you to have experiences in different dimensions that are unusual, fulfilling, and, most importantly, spiritually and personally growthful.

Being able to easily enter the transdimensional state is like a "spiritual lubricant", developing your abilities in a general way. This is because each dimension has a different ray/subray structure, and by learning to navigate that dimension, you facilitate your ability to integrate those rays and subrays into your subtle bodies and work with them. The time it takes to develop this navigation skill varies by person. All the effects of Level I become more powerful in this level, especially ones involving meditation. As with Level I, the effects of Level II manifest over time, and it may take some people a while to realize how extensive they are. In addition, in Level II you begin to see how, after enough time, development of transdimensionality leads to increased personality-soul fusion. **Prerequisite: Transdimensionality Attunement, Level I (Distant class) and thirty days' wait.**

*\*\*Courses are taught only by Irving Feurst More Distant Workshops on Page 13*

### White Light Etheric Brain Cleanse\*\* \$80 Sunday, February 21, 2-3 pm

This activatable attunement comes from T.K. (the master who inspired me to found S.U.N.) and works only for a person who has received the attunement. You activate it just by intention and once activated, the attunement runs to completion by itself, taking roughly 20 – 40 minutes, depending on the person and circumstances.

Your etheric brain is the origin and template of your physical brain. This attunement removes unwanted effects on the functioning of your etheric brain, for example, those coming from negative thought forms – both your own, and thoughtforms coming from others. "Unwanted effects" also include those coming from toxic substances in your food, external pollution, e.g. chemical (ground, air and water) and EMF effects. The attunement might work on some karmic effects, if permitted by your higher self. Remember, your etheric brain is not identical with your physical brain. How much, or if, this attunement affects a person's physical brain varies from one to another. From using this attunement, most will feel as though they had a "brain bath", freedom from brain fog and clearer thinking.

### Caduceus Force, Level II\*\* \$80 Sunday, February 28, 2-3 pm

This autonomous empowerment with an activatable option facilitates evolution at all levels — from the cell, to the individual, to society. **Prerequisite: Level I (Enhanced Classic) and thirty days' wait. Please see page 13 for more.**

### God Dwells in the Temple of Your Heart\*\* \$80 Sunday, March 21, 2-3 pm

This autonomous initiation enables you to have the experience mentioned in the course's title, and to have it in a profound, deep and life-changing way. Which of God's properties (love, will, omniscience, etc.) is emphasized differs, depending on who is receiving the initiation. **Please see page 13 for more.**

### The Mysteries of Color Meditation, Part 7: Violet\*\* \$80 Sunday, March 28, 2-3 pm (no prerequisite)

Modern science has confirmed colors have the power to affect, even profoundly, our behavior, emotions and thoughts. In each part of this sequence you receive a meditation energy for a different color. This part of the sequence works with violet. Violet is one of the four colors in this sequence particularly associated with spirituality (gold, silver, violet and white). Because these colors have, in addition to their psychological associations, strong spiritual associations, their meditations can be used as primary meditations, if this is accord with the wisdom of your higher self. A primary meditation can be used to reach enlightenment, even if it is your only spiritual practice. The amount of time this will take, however, will vary greatly from one person to another.

Remember that taking any part of the color meditation sequence gives you a shakti that activates when you meditate on the color of that part. The shakti can magnify color effects that you have experienced previously or result in your having new experiences. Have fun exploring!

### Christ Consciousness: Birthing Your Christ Body, Level XIX\*\* \$80 Sunday, April 18, 2-4 pm

In this level of the Christ Consciousness sequence, you receive higher levels of the Love, Merkabah, Shekinah, Child initiations, and an esoteric initiation Jesus gave his disciples. **Prerequisite: Level XVIII and thirty days' wait.**

**To Order "New Distant" or "Enhanced Distant" Workshops:** Pay via Paypal or send a check payable to S.U.N., name the class you're taking, and whether you'd like the handout via email or U.S. mail. Include your contact information. (Call (510) 245-3838 or email [info@spiritunfold.com](mailto:info@spiritunfold.com) with questions.) Choose to receive the energies at the time listed or at your convenience thereafter.

# S.U.N.

Spiritual Unfoldment Network  
P.O. Box 5900  
Hercules, CA 94547 U.S.A.  
[www.spiritunfold.com](http://www.spiritunfold.com)